

INSIDE: GET THE UPDATE ON MINORITY HEALTH MONTH WITH HEARTBEAT

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# CRAY NEWS

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Serving The Greater Metropolitan Newark Area Since 1983

September 13 - September 19, 1995

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### Newark takes national recycling excellence award

NEWARK—The city of Newark won the 1995 Recycling Excellence Award presented by the Solid Waste Association of North America (SWANA), a trade association formed to advance the practice of environmentally and economically sound municipal solid waste management.

The award program was formed to recognize organizations whose recycling efforts have achieved the highest levels of success.

According to SWANA Program Manager Nancy Capen, "the program is committed to encouraging the development of technically sound and economically feasible recycling systems that are protective of public health and the environment. Congratulations to Newark for the commitment to achieving the highest standards in the solid waste industry."

Newark Mayor Sharpe James welcomed the award, pointing out that it is the latest in a steady stream of honors for the city's recycling program. Newark will be honored on October 24 at an awards ceremony scheduled for SWANA's 33rd annual International Solid Waste Exposition in Baltimore, Maryland.

"All of us in Newark's municipal government continue to look upon our environmental program's ongoing achievements with great pride," Mayor James said.

The city was cited for several features of its recycling program, including:

- "Backyard Composting" program which promotes the "recycling" of organic waste, such as leaves and grass clippings, into a rich mulch used as fertilizer.
- "Buy Recycled Purchasing Policy" aimed at improving demand for raw recyclables and pave the way for a recycling program that can sustain itself through the sale of these materials. Newark buys over \$200,000 worth of recycled goods and has also developed a "Guide to Source Reduction and Buying Recycled in the Workplace" for distribution to local businesses.
- "Planet Newark Recycling Business Development Program," a project in which the city publicizes the advantages of building or relocating a recycling business on available sites zoned for industrial use in the city.
- "Second Chances" Waste Reductions, a booklet designed to connect people who want to recycle usable household items by donating them to local non-profit groups that need these items. This guide contains a listing of 60 Newark organizations that accept

## MYRLIE EVERS ADDRESSES NJ STATE CONFERENCE

by Sherry Barrus



Myrlie Evers-Williams National chair of the NAACP

EAST BRUNSWICK—October 6th through the 8th The New Jersey State NAACP will celebrate its 73rd Annual State Conference in East Brunswick at the Brunswick Hilton. Mrs. Myrlie Evers-Williams, chairperson of the national board of directors of the NAACP, will be a featured speaker.

This year's convention, "Celebrating Our Legacy: Vision For The Future," will have workshops on education, religion, health, political action and business. In addition there will be live entertainment, an awards luncheon and a Sunday breakfast hour featuring

Myrlie Evers Williams. She will discuss the vision for the future of the NAACP.

"The convention is primarily designed to pull together all constituents of the state to reflect upon the past year and to project and develop a program for the upcoming year," said Elaine Harrington, state president and general chairperson for the conference.

In addition to the business workshop entitled "Introduction to Marketing for the Small Business," led by the Texaco Star Inc., a business round table will also be held.

On Friday, October 6, facilitators Fred Rasheed, immediate past Economic Development Coordinator for

National NAACP and Dr. Howard Robinson, president of National Business League will come together to discuss the practicalities of starting and sustaining a small business. Chairing the discussion is Dr. Henry Johnson, Publisher of *City News*.

"We are inviting African-American small businesses entrepreneurs from across the state to come in and participate in the workshop. The main objective of the workshop (and round table) is to provide some basic marketing skills for starting a business," Harrington said.

On Saturday, October 7, the annual award and recognition luncheon ceremony takes place honoring various state and local community

organizations and individuals for their service and involvement with the NAACP.

Among those receiving awards are Sonya Redd, immediate past coordinator of the NJ ACT-50 Program; Walter Fields Jr., former chairperson of Political Action; Dr. Howard Woodson, former president of the Trenton NAACP; Congressman Donald Payne, chairperson for Congressional Black Caucus; Citizens Action; the Rosa Parks Branch; and City New Publishing Company, for its journalism commitment to the African-American community.

"One of the things I find across

See STATE CONFERENCE/page A6

## Organizations get Minority Health Month grants

TRENTON—As a recognition to Minority Health Month, the New Jersey State Department of Health has provided several grant fundings to community-based not for profit organizations to improve the health and living status of minority communities throughout the state.

Outreach grant recipients include: P.R.O.C.E.E.D. INC., a multi-service agency focused on promoting and improving the quality of life of Latinos and the general public. The organization is located in Elizabeth and received a \$50,000 grant award.

UMDNJ-RWJMS Perth Amboy Community Health Center is a program of the UMDNJ-RWJMS working closely with city residents

health and social services of the community with organizing to reduce risk factors associated with alcohol and other drug problems among Latino youth. A \$50,000 grant was awarded.

NORTHSTAR of Atlantic Mental Health Center of Atlantic City received a \$50,000 grant to provide intensive outpatient addiction treatment to pregnant/postpartum women, and residents of the city's public housing developments.

Health grant recipients include: United Passaic Organization in Passaic, \$8,000.

Powhatan Renape Nation, \$8,000.

Memorial Hospital of Salem County Heart Program, \$8,000.

North Jersey Medical Society, located in East Orange, \$8,000.

YWCA of Montclair, \$8,000.

American Red Cross-Camden County Chapter, \$8,000.

South Jersey Family Medical Center, located in Hammonton, \$8,000.

West Jersey Health System-Camden, \$5,000.

Concerned Black Nurses of Central Jersey, located in Neptune, \$5,000.

FOCUS Hispanic Center for Community Development, located in Newark, \$8,000.

Protestant community Centers Inc. located in Newark, \$7,000.

Hispanic American Senior Citizens Club (Bergen County), \$8,000.



Rosalind Thigpen-Rodd, executive director of the Office of Minority Health, is seen at the press conference as Gov. Christine Whitman and Commissioner of Health Len Fishman look on.

Photo by Henry Johnson

## Dr. Rhonda Hearn gains top honors



Dr. Rhonda Hearn

NEWARK—A study performed by Dr. Rhonda Hearn, a second-year resident at New Jersey Medical School of UMDNJ in Newark, linking a common women's ailment to reduced bone density, has earned top honors in a regional research competition for a postgraduate physician at the University of Medicine and Dentistry of New Jersey (UMDNJ).

Dr. Hearn, whose dissertation used an animal model to show that endometriosis, an often painful condition that strikes

25 to 50 percent of infertile women, can lead to fragile bones. This occurs when uterine tissue invades other parts of the pelvis and abdomen.

Hearn placed first among 32 physicians in the competition, which was sponsored by the New York Obstetrical Society. Her research paper, "Endometriosis Reduces Bone Mineral Density in Rats," supported a previous study linking the condition to the development of fragile bones.

"The normal age-appropriate level of bone density was significantly reduced by endometriosis in our study," Dr. Hearn said. "However, further investigation is necessary to explain the extent of this link in humans."

According to Dr. Gerson Weiss, professor and chair of obstetrics and gynecology at the medical school, Hearn's work suggests that physi-

cians treating endometriosis patients should be on the lookout for changes in bone density.

Hearn found that of the two groups of rats used in the study, those with endometriosis had lower bone density after a 90-day period when compared to the rats that did not have the disease. Endometriosis was surgically induced in one of the groups. Dual Energy X-ray Absorptiometry (DEXA) measurements of the lower spines were performed prior to surgery and again after 90 days in both groups.

The second set of DEXA measurements showed that rats with surgically induced endometriosis had significantly less bone than rats in the control group. This data suggests that therats with endometriosis had weaker bones and were more susceptible to fractures.

## Lipman seminar to focus on Adarand case

NEWARK—On Saturday, September 16, the business division of Essex County College will sponsor the September session of Saturday Seminars for Small, Minority and Women Entrepreneurs at the 303 University Avenue in Newark.

Pena case, heard in January 1995 and decided in June, 1995 by the United States Supreme Court, did not shut down all federal affirmative action in minority contracting programs, but also for affirmative action programs in health, education, hiring and other areas. The Congress is wishing to end all affirmative action in the country. Presenting this case, Bill Clinton, said "Mend it, but don't end it."

From the hot debate in Washington comes Anthony Robinson, the MBELDEF lawyer who helped to defend this case for minority contractors in the Supreme Court. Robinson will discuss the pros and cons of the Adarand case. He will predict what could happen to minority businesses in this country if we are not prepared to fight, protest, and battle for our rights.

From the Port Authority of New York and New Jersey, Earle Walker, acting manager Office of Business and Job Opportunity which recommends policies and programs for greater participation of minorities, women and economically disadvantaged residents in business and employment opportunities will discuss his office's programs which require a pre-view of contracts to be awarded.

From New Jersey case a stunning array of officials:

Michael Rambert, director of the Department for Small Minority and Women Owned Businesses in the Department of Commerce, will discuss New Jersey's new plan for set-

## Merck ranks top with working moms

WHITEHOUSE STATION—Merck & Co., Inc. is one of the 10 best companies in the United States for working mothers, according to the current issue of *Working Mother* magazine, on newsstands this week. In addition, Merck is one of seven companies to remain on the magazine's list of the top 100 for the 10 years the list has existed. The annual list spotlights outstanding workplaces for women and tracks family-friendly workplace trends.

*Working Mother* selects companies according to the following criteria: pay (compared with the competition); opportunities for women to advance; support for child care (financial, referrals and/or actual care); family-friendly benefits (job-protected leave for childbirth, flextime, part-

time work, job sharing, telecommuting and others).

Companies that do well in these criteria help women balance their family and family obligations. Merck operates child-care centers at two major sites in New Jersey—Rahway and Whitehouse Station. Merck also expanded its job-sharing and work-at-home programs this year to include almost 400 employees.

"Merck has made work/life issues part of its business plan," says Merck treasurer Caroline Doras, who received two "Working Mother" awards on behalf of Merck at a reception hosted by *Working Mother* at the Rainbow Room at Rockefeller Plaza.

"In a communications program presented to all employees worldwide this summer, we not only ex-

plained Merck's strategic goals, but highlighted our commitment to the goal of achieving a balance between employees' personal and professional lives," Mrs. Doras says. "We're working to create such an environment because we believe it will help advance individual productivity. This, in turn, will help us achieve our goal of remaining a top-tier health company."

Merck & Co., Inc. is a leading research-driven pharmaceutical products and services company. Merck discovers, develops, manufactures and markets a broad range of products for human and animal health.

Some of Merck's family benefits include:

• Parental leave: six weeks fully paid, for the birth of a child, up to 18

months of leave, unpaid, with return to the same or a similar position.

• Child care: Merck constructed and subsidizes two on-site child-care centers, one at Rahway and one at Whitehouse Station. The company offers financial support for area child-care centers near the West Point plant and plans to build an on-site center.

• Dependent care spending account: Employees may be eligible for the flexible benefits program, the opportunity to deduct money, before taxes, from the employee's pay to be used toward child-care expenses.

• Relocation assistance: Employees and their spouses are assisted with the logistics of moving and give help to the spouse in finding employment in the relocated employee's area.

## K-9 unit sniffs out 24 kilos of cocaine

ELIZABETH—K-9 handlers from the Search & Rescue Unit were successful in confiscating 24 kilos of cocaine found in two pieces of unclaimed luggage left at Newark Airport.

On Wednesday September 6, Special Agents Mark Rusin and Earl Fiedler of the D.E.A., requested the assistance of a K-9 handler and dog to do a drug sniff of two suspicious pieces of luggage on the baggage car-

ousel at Terminal C, American West Airlines.

Sheriff's Officer Brian Way responded with K-9 Falco an eight-year-old German Shepherd. He sniffed the cargo assigned to flight 1748 from Las Vegas, Russia placed the bags on the floor 10 feet apart when K-9 Falco sniffs both bags and gave a positive indication on both suitcases.

While the D.E.A. agents were

procuring a search warrant two suspects Yajaira Sanchez, 29, and Vivian Rodriguez, 36, admitted the baggage was theirs and gave permission to conduct a search. Both suspects were taken into custody and transported to the Federal Courthouse in Newark, pending arraignment and setting of bail.

"The dollar value is not what is important. I am happy that we kept 24 kilos of cocaine from hitting the streets

and infesting our playgrounds, parks and school yards where our children play," Sheriff Ralph Freilich state.

"It is unfortunate, that narco trafficking has become a business. All I can say is that if anyone is foolish enough to think about entering this business they should consider the cost. You will not only lose your money, but you will also lose your freedom."

# PEOPLE

## COMMUNITY CALENDAR

**WEDNESDAY, SEPTEMBER 13**  
**EAST ORANGE**—Systa's 4th Annual Black History program at East Orange High School at 4:15 p.m. For more info call 201-273-2193.

**NEWARK**—General membership meeting for People's Organization For Progress at the Newark Public Library at 8 p.m. Topics: Million Man March and Mumba Abu-Jamal. For more info call 201-545-7711.

**HACKENSACK**—Show Case of Services For Agencies Open House at Bergen County Technical Schools from 10 a.m. until noon. For more info call 201-343-6000, ext. 3345.

**WAYNE**—"Study Skills-Learning Strategies for Effective Studying" course for adults entering college at William Paterson College from 7 to 9 p.m. For more info call 201-595-2521.

**THURSDAY, SEPTEMBER 14**  
**NEWARK**—LIVSO Awards Benefit at the Newark Club at 8 p.m. For more info call 201-374-2000 ext. 12.

**NORTH PLAINFIELD**—"Wearable Art" Free Seminar at 1 p.m. at Fabric Land. For more info call 908-755-4700.

**NEW BRUNSWICK**—"Wills and Estate Planning" seminars at the New Jersey Law Center from 1 to 3 p.m. For more info call 1-800-FREE-LAW, ext. 72525.

**BEGINNING SEPTEMBER 16**  
**CRAWFORD**—English as a Second Language courses at Union County College's three campuses. For more info call 908-709-7600.

**SEPTEMBER 16 THRU OCTOBER 21**  
**JERSEY CITY**—SAT review course at Jersey City State College at 8 a.m. every Saturday. For more info call 201-200-3089.

**MONDAY, SEPTEMBER 18**  
**WAYNE**—"Improving Your Writing Skills" course for adults entering college at William Paterson College from 7 to 9 p.m. For more info call 201-595-2521.

**JERSEY CITY**—"Women Raising Your Self Esteem" and "Legal Education

Night" group discussions at Jersey City State College at 6 p.m. For more info call 201-200-3189.

**SEPTEMBER 18 - 20**  
**MONTCLAIR**—Register for the English as a Second Language course at Montclair State University. For more info call 201-455-4353.

**BEGINNING SEPTEMBER 18**  
**WAYNE**—"Poetic License" eight session workshop for aspiring poets and writers at William Paterson College from 7 to 9:30 p.m. For more info call 201-595-2436.

**TUESDAY, SEPTEMBER 19**  
**PLAINFIELD**—Safety demonstration on the use of fire extinguishers for Plainfield residents 55 and older at the Plainfield Senior Citizens Service Center. For more info call 908-753-3506.

**WEDNESDAY, SEPTEMBER 20**  
**MONTCLAIR**—"Is College For Me?" seminar at Montclair State University from 6 to 8:30 p.m. For more info call 201-455-4341.

**THURSDAY, SEPTEMBER 21**  
**NEW BRUNSWICK**—Recognizing and dealing with dangers of Domestic Violence at the New Jersey Law Center from 7 to 9 p.m. For more info call 1-800-FREE-LAW, ext. 72525.

**FRIDAY, SEPTEMBER 22**  
**PARISIPPANY**—Luncheon for area high school guidance counselors at the Sheraton Tara. For more info call 201-650-5116.

**SATURDAY, SEPTEMBER 23**  
**PASSAIC**—Fifth anniversary African American Day Festival and Parade at 9 a.m. at Passaic City Hall. For more info call 201-472-7494 or 201-942-9591.

**JERSEY CITY**—Review of the "Sciences for the Test of General Knowledge" at Jersey City State College from 9:30 a.m. to 12:30 p.m. For more info call 201-200-3094.

**EDISON**—Flea market at JFK LifeStyle Institute parking lot, 2048 Oak Tree Road from 9 a.m. to 5 p.m. (Spaces are available). For more info call 908-906-2100.

## Harold Gibson honored by Union County



Harold Gibson, of Plainfield, who served as Deputy Union County manager and director of Public Safety, was presented a resolution this summer by the Union County Board of Chosen Freeholders, honoring him for his service to the county. Pictured are (from left to right) Freeholders Frank Lehr, Linda Lee Kelly and Daniel Sullivan; Freeholder Chairman Linda Di Giovanni; Freeholder Elmer Ert; County Manager Ann Baran; Correctional Services Director Jack Rafferty; Freeholder Vice Chairman Ed Foray; Gibson; Freeholder Henry Kurz and Freeholder Walter McLeod.

## Paul O'Keefe to run for Union County Clerk

PLAINFIELD—Ex-Plainfield Mayor, Paul J. O'Keefe has announced to the Union County Republican County Committee that he will be a candidate for the Union County Clerk position to represent the Republican Party in the general election in November.

This news does not come as a surprise to most who are familiar

with county government. Walter Halpin honored me by appointing me to the position of Deputy County Clerk in January, 1995, with the intention that I would learn the job and be a possible successor for the office when he eventually retires. Preparing a successor is a good management practice in business and government and I feel I have been well prepared," stated O'Keefe.

## When is your class reunion?

WALL—REUNION TIME. A full service reunion planner, is organizing the following high school reunions. If you are a member of one of these classes (or would like to know if your own class is planning a reunion), please write to: REUNION TIME, 1350 Campus Parkway, Wall, NJ 07753 or call 1-800-22-5277 for more information.

The following are upcoming high school reunions:  
**Barringer HS, Newark**, class of 1975 11/25/95.  
**Columbia HS, Maplewood**, class of 1951 9/27/96; class of 1975 11/25/95.

**Irrington HS, Irvington**, class of 1946 10/11/96; class of 1955 11/04/95.  
**Livingston HS, Livingston**, class of 1965 9/30/95; class of 1970 9/30/95; class of 1985 11/24/95.  
**Millburn HS, Millburn**, class of 1976 11/29/96.  
**Montclair HS, Montclair**, class of 1975 11/24/95.  
**Verona HS, Verona**, class of 1975 11/24/95.  
**Rahway HS**, class of 1985 10/7/95 at the Clarin Hotel in Edison. Call reunion time to reserve tickets and for additional information. Help is also needed to locate classmates.

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## NATION

## National News

at a glance

MINORITY GRADUATES  
MOVE INTO  
FLAGSTAR'S  
MANAGEMENT RANKS

In compliance with agreements with African-American civil rights groups, the Flagstar Corp., owner of Denny's, Quincy's, Family Steakhouses, El Pollo Loco and Hardee's, has provided a comprehensive management certificate program at its Flagstar Learning Center in Spartanburg, S.C. Twelve African Americans have successfully completed the eight-week Food Service Management Certificate Program and will be rotated into management positions with the company's restaurants. Flagstar reports that nearly 43 percent of its 100,000 employees are minorities and 25 percent of restaurants are multi-restaurant, supervisory positions are held by minorities.

—WASHINGTON, DC

RAP CRITIC C.  
DELORES TUCKER  
FACES LAWSUIT

Interscope Records' lawsuit against gangsta rap critic C. Delores Tucker "is replete with lies," says Tucker, who has pledged to keep fighting the label's "love affair with pornography, misogyny and profanity." In a federal court suit, black-owned Interscope accuses Tucker of "extortion, threats and other unlawful acts" and seeks a court order halting her alleged attempts to interfere with label operations. The suit states Tucker tried to induce Death Row Records, home to Tupac Shakur and Snoop Doggy Dogg, to break its contract with Interscope and that she tried to sell up her own distribution company with Death Row and Time Warner. Tucker said she appealed to Death Row chief Suge Knight to leave Interscope but never planned to profit from the deal.

—WASHINGTON, DC

DOUG WILDER RADIO  
SHOW FLOPS

Effective the end of August, the first black elected governor in the United States pulled the plug on the "Doug Wilder Show" which was heard weekdays mornings on 10 stations in Virginia, Baltimore and Washington. The former governor of Virginia said he will turn to writing a book on third-party politics and teach at Virginia Commonwealth University and Hampden-Sydney College. —WASHINGTON, DC

JOHNNIE COCHRAN'S  
EX-WIFE PUBLISHES  
"TELL-ALL" BOOK

A furious Johnnie Cochran blew his top at news of his ex-wife's explosive new book, in which she calls him a wife-beating, womanizing cheat. O.J. Simpson's lead attorney said he plans to file a defamation of character suit against Barbara Cochran Berry, who was his wife from 1959 to 1977 and mother of two of his kids. In *Life After Johnnie Cochran: Why I Left the Sweetest Talking, Most Successful Black Attorney in L.A.*, Berry describes how Cochran allegedly beat her, cheated on her and slept with white women as a "racial revenge" on white men.

—WASHINGTON, DC

GINGRICH: "GOP  
SHOULD REACH OUT  
TO BLACKS"

Instead of constantly attacking affirmative action, Republicans should assure black Americans they will not allow the nation to "slide back into segregation," House Speaker Newt Gingrich (R-GA) said recently from Washington on a national television show. The Georgia Republican said he has learned in recent months that there is "legitimate, genuine fear" among blacks that GOP leaders are engineering a return to segregation. Republicans could quell that fear, Gingrich says, by putting "four times as much effort reaching out to the black community" as they put into criticizing affirmative action programs. The first order of business, the speaker said, is to communicate "that we're not going to block grant civil rights and that the federal government is going to stand firmly committed against discrimination."

—WASHINGTON, DC

## DNC celebrates anniversary of 19th Amendment

NEW ORLEANS, LA.—In a spirited event that underscored the importance of women voters to the Democratic Party, the Democratic National Committee (DNC) recently celebrated the 75th anniversary of the passage of the 19th Amendment to the Constitution, which gave women the right to vote.

In a meeting of the DNC's Women's Caucus, participants honored those who fought for women's voting

right, and they vowed to continue to push for equal opportunity for all women. August 26, marked the 75th anniversary of the passage of the 19th Amendment, which states: "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex."

"Seventy-five years ago this month, tens of thousands of men and women brought about the enfranchisement of

one-half of the citizens of the United States," said Don Fowler, DNC national chairman. "We can think of no better way to honor the suffragists legacy than for every woman to vote in the next election."

According to Fowler, the Democratic Party will continue to stand up for women across the country and will oppose Republican initiatives that limit their freedom and impede their chances for equal opportunity.

He specifically pointed to proposed GOP cuts that will hurt American families, such as cuts in Medicare, education, as well as Republican attempts to limit a woman's right to reproductive choice.

"Discrimination against women still exists and the Democratic Party will continue to fight to ensure that all women have an equal opportunity to achieve their full potential," said the chairman.

The Women's Caucus event was part of a larger DNC meeting being held in New Orleans. Addressing the Women's Caucus was former Rep. Lindy Boggs of Louisiana and Illinois Rep. Cardiss Collins.

Fowler added, "The Democratic party is proud to support issues of concern to women, economic security, health and safety of children the well-being of families and the right to reproductive choice."

## The state of workers: working more, earning less

WASHINGTON, DC.—With the Labor Day behind us, the question of "what is the state of working women and men?" surfaces. Workers are facing economic insecurity and they are anxious about their jobs, their families and their future.

The 1990s have engendered a new form of economic violence. Companies like ABC and Walt Disney, Westinghouse and CBS, Viacom and Paramount, Chase and Chemical Bank (whose merger will cost workers 12,000 jobs) are merging the economy. Billionaires and millionaires will be made in this process. Let us not be misled, though, millions more will

lose their jobs, displaced by the concentration of capital and power.

Illinois is a good example. Workers around Illinois are working harder and earning less. Job security is evaporating, as each working day 70 Illinoisans are threatened with lay-offs and plant closings. Workers are paying more for benefits like health insurance while jobs in most parts of the state are falling.

Across Illinois, jobs with high wages, reasonable raises and good benefits are disappearing. Instead, new jobs pay bare bones wages and offer few chances for advancement, no health insurance and no pension plan.

Workers in 61 of Illinois' 102 counties saw their wages decline after

inflation between 1989 and 1993. The number of Illinoisans employed for wages has not grown as fast as the adult population. Most new jobs pay bare-bones wages and offer few benefits. Highly profitable companies, like AT&T, Xerox, Motorola and First Chicago Corp., have laid off thousands of Illinois workers.

Despite the claims of NAFTA proponents, workers in industries, with a heavy volume of exports to Mexico, face a layoff rate that is 3 times the rate for non-NAFTA related industries. Union members consistently earn higher wages and have better benefits than do non-unionized workers.

Illinois workers are getting squeezed on all sides. More and more workers need second jobs or overtime at their regular jobs to make ends meet. This extra work puts food on the table, but it leaves less time for family activities.

Reduced wages combined with higher spending on health insurance puts a significant burden on personal savings. And Illinoisans are worrying more about retirement, as employers-sponsored pensions are becoming less common.

Yet, workers are fighting back against these pressures and demanding better treatment. From the thousands of consumers who supported

the boycott of Miller Brewing products to the nurses at Provident Hospital who voted to form a new bargaining unit, workers are asserting their rights within the economy.

There are three fundamental problems with Illinois' economy. First, it is not producing enough jobs to employ all adults. Statewide, the adult population is growing twice as fast as employment for wages, and many adults are being forced out of the labor market.

Second, the number of jobs with good wages and decent benefits is falling, while low-paying jobs are proliferating. Third, in most of the

See WORKERS' page B4

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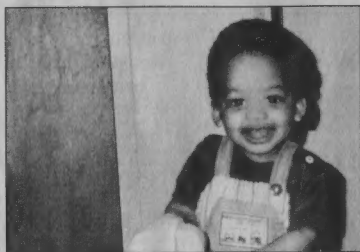
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# African-American infants waiting for adoption



Nine-month-old Terrance, is just one of the many children waiting for an adoptive family to love and care for him permanently.

## Quote of the week

*We wanted something for ourselves and for our children, so we took a chance with our lives.*  
—Unita Blackwell

## State conference

Continued from page A1

formed particularly in regarding news, as it affects the people of African ancestry," commented Harrington. "I think City News is the vehicle for the state of New Jersey in terms of keeping our people abreast of those issues that effect and have a direct impact on us."

Also being recognized is: Judge James Coleman, NJ Supreme Court Justice; the Orange/Maplewood Branch, oldest NAACP branch in the state; Senator Wyoma Lipman; C. Gregory Stewart, Counsel U.S. EEOC; Stephen H. Womack, first African-American Superior Court Judge-Passaic County; ACT-50 medalist winners; and three outstanding NAACP branches and youth councils.

According to Harrington, the highlight of the conference will be the election of state officers to the organization and the Fresh Start Breakfast, on the last day of the event, where Myrtle Evers-Williams will speak.

The New Jersey State Conference of the NAACP Youth & College Division will simultaneously hold their

annual convention. The youth convention will also feature workshops conducted by leaders in the NAACP, public schools and in the community.

Workshops will include such topics as: health and nutrition; male and female relationships; financial aid and minority scholarships; police brutality and how to deal with the cops; and the Contract on America—affirmative action.

Reservations for the convention should be confirmed by September 22. Ticket prices are \$25 for the Saturday awards luncheon and \$30 for the Sunday, Fresh Start Breakfast. For more information contact Brenda Carter at 908-270-5897.

So what's to be expected when it's all said and done? "I want, particularly at this time when the NAACP is experiencing a new start, a commitment to the NAACP—its purposes, its goals—not only by those of us who are directly involved but a commitment from the state as a whole," said Harrington.

She continued, "The NAACP is as needed and urgent today as it ever was."

TRENTON—African-American infants and toddlers are available for adoption through The Children's Home Society of New Jersey (CHSNJ), a statewide, licensed non-profit organization.

The Society, which counsels teens and young women with unplanned pregnancies, also provides short-term foster care for infants to give birth parents time to make a good final decision. Many decide to keep their baby, while others release their baby for adoption.

Couples interested in adoption will be asked to complete a simple application form. There is no minimum income requirement.

"There is some misinformation in the community about adoption,"

explained Carolyn Bacher, director of Clinical and Social Services. "Many people think there is a lot of expense involved, but The Children's Home Society's adoption fees are based on a sliding scale, depending on income."

The agency also provides adoption services to couples interested in foreign adoption. For further information please call The Children's Home Society at 609-695-6274.

Continued from page A4

## Radical changes

Their ability to provide for their families, to keep a roof over their heads, clothes on their backs, to put them through school, and give them a decent quality of life is tossed aside.

The merger between Chase and Chemical bank, alone, will cost over 12,000 jobs. The cut back at the Port Authority of New York

and New Jersey will mean thousands more job losses.

Second, these down-sizing, privatizing and mergers also mean big profits for somebody. Corporations are reporting the biggest profit margins in years because they laid off people. Private companies who are politically connected are making big mon-

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coverage for events.  
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## United Way hosts annual week of caring

NEWARK—Monday, September 11, United Way of Essex and West Hudson kicks off the Annual Week of Caring. This year, over one hundred local employees and residents will volunteer at dozens of local health and human service agencies.

Scheduled to run through September 15, the program provides volunteers with the opportunity to become personally involved in meeting the needs of the community.

Individuals participate in projects such as painting at the East Orange YMCA gym, sorting food at the Community Food Bank in Hillside and classroom aid at the Cerebral Palsy of Essex and West Hudson in Belleville. For more information call 201-624-8300.

## Deadline nears for SHARE food program

NEWARK—New Jersey Self Help and Resource Exchange (SHARE), a statewide non-profit community development program, will be distributing food to enrolled participants on Friday, September 22 and Saturday, September 23.

SHARE offers 30 to 35 pounds of food from the four major food groups—meat, fruit, vegetables and staples—at a retail value of \$33-38 for \$14 in cash or food stamps and 2 hours of community service.

A sample food package for one month includes: potatoes, onions, tomatoes, cabbage, lettuce, grapes, apples, oranges, blueberry muffin mix, yogurt, frozen vegetable mix, chicken thighs, turkey bologna, bacon, ground turkey and meatballs.

SHARE has no income requirements so anyone can participate in the program. For additional information about SHARE call 1-800-213-2769 or 201-344-2400.

## UVSO to hold community benefit awards

NEWARK—The Unified Valley Service Organization (UVSO) will host its second annual community awards benefit on Thursday, September 14, at 6 p.m. at The Newark Club.

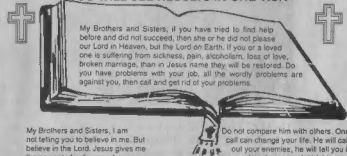
The 1995 honorary chairperson is Congressman Donald M. Payne. State Senator and West Ward Councilman Ronald L. Rice will present the Community Service Awards in six categories: youth, senior, public servant, business person, community resident and UVSO employees.

The Victoria Foundation will be presented with the first Rabbi Julius Eidenbaum Memorial Award to recognize the Foundation's commitment and support of UVSO and the Valleyburg community.

The Eidenbaum Award is a memorial to Eidenbaum, a founder and board member who died in 1995 after serving the community for over 50 years. Catherine M. McFarland, executive officer, will accept the award in his behalf.

Entertainment will be provided by the world renowned jazz bassist, Vinnie Burke, a Newark resident. Tickets to the event can be obtained by calling 201-374-2000, ext. 12, weekdays during regular business hours.

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occupied dwelling in one of the counties shown in the listing below. Private mortgage insurance (PMI) is required on loans over 80% of our appraised value.

To make it even easier to gain approval, Hudson City will apply less rigid qualifying standards and lack of an established credit history will not disqualify you—provided, of course, you can prove your credit worthiness and ability to repay the debt.

To apply, phone the Mortgage Origination Department at 201-967-1900 or 609-428-2740. Your new home may be just a phone call away!



TO QUALIFY, APPLICANT'S INCOME CANNOT EXCEED THE FIGURES LISTED BELOW FOR THE COUNTY IN WHICH THE PROPERTY YOU INTEND TO PURCHASE IS LOCATED.

Bergen	\$42,160	Monmouth	\$36,320
Burlington	33,120	Morris	39,520
Camden	33,120	Ocean	36,320
Essex	39,520	Passaic	42,160
Gloucester	33,120	Somerset	43,680
Hudson	28,240	Union	39,520
Hudsonex	43,680	Warren	30,880

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## McDonald's: Right in step with the community.



McDonald's salutes the 27th Annual African-American Day Parade.

McDonald's has always taken a hands-on approach to getting involved with our customers—from scholarship programs and student financing to Gospeliest. Now we're taking our commitment to the streets as we salute, support and march in the 27th Annual African-American Day Parade on Sunday, September 17, 1 p.m., Adam Clayton Powell Blvd. from 111th St. to 142nd St. in Harlem.

Over the years, this celebration of Black culture and pride has become a tradition. And we're proud to be part of it. It's just one more way we try to stay in step with the community. And with you.



Have you had your break today?

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## BILLBOARD

## THRU SEPTEMBER

PISCATAWAY—Lost In Yonkers (play) at the Circle Players. For more info call 908-968-7555.

## THRU SEPTEMBER 14

NEW YORK—Seaport Liberty Evening (Jazz) Music Cruises depart at 9:30 and 9:30 p.m. For more info call 212-630-8888.

## THRU SEPTEMBER 16

ATLANTIC CITY—Major Exhibition of Art by Peter Max at Circle Gallery in Bally's Park Plaza Casino. For more info call 609-648-4900.

## THURSDAY, SEPTEMBER 14

NEW YORK—"The Only Thing Worse You Could Have Told Me..." (play) starring Olympic champion Greg Louganis at the Actors Playhouse. For more info call 212-924-7770.

## SEPTEMBER 15 - 17

ATLANTIC CITY—Liza Minnelli at The Strand. For more info call 1-800-736-1400.

SEPTEMBER 15 THRU OCTOBER 15 ELIZABETH—End of Summer (play) at The Elizabeth Playhouse. For more info call 908-355-0077.

## SUNDAY, SEPTEMBER 17

VOR ALERT—A Stranger Murder on the A&E Network. Check your listings for time.

## SEPTEMBER 17, 18

NEW YORK—Eric Clapton in concert in the Arena at Madison Square Garden at 8 p.m. For more info call 212-465-MSG1.

NEW YORK—Dick Fox's All-star Doo-Wop Reunion at the Paramount at 8 p.m. For more info call 212-465-MSG1.

## SEPT. 29 THRU OCT. 22

NEW BRUNSWICK—The Mousetraps at the George Street Playhouse. For more info call 908-246-7717.

## SUNDAY, OCTOBER 8

NEW YORK—The Lark String Quartet at Lincoln Center's Walter Reade Theater at 11 a.m. For more info call 212-721-6500.

## OCTOBER 13, 14

BROOKLYN—Alternative jazz: The Next Wave concert at BAM Carey Playhouse. For more info call 718-636-4111.

## MONDAY, OCTOBER 16

NEW YORK—Wynton Marsalis and his Lincoln Center Jazz Orchestra at Alice Tully Hall. For more info call 212-503-7400.

## TUESDAY, OCTOBER 17

NEW YORK—Virginia Hamilton shares Her Stories: African American Folktales, Fairy Tales and True Tales at Toukie's Restaurant with host Susan Taylor. For more info call 212-255-1411.

## Five On The Black Hand Side returns to Symphony Hall

NEWARK—Back by popular demand, Phoenix Ensemble opens its 1995-1996 season with a blast from the past, Charlie Russell's, *Five on the Black Hand Side* at Newark Symphony Hall.

Directed by producer Marsha Trice, this play explores what it means to be black in a time when black power, women's liberation, DASHKIS, afro, and bell bottoms were the marks of the decade. While the surge of the 70s creates comedy, the families desire to understand and accept each others identity sparks drama.

Starring in the play is Tracey Smith from Jersey City, as Mrs.

Brooks, and Augusts Dismukes of South Orange, as Mr. Brooks.

"Five is sensational, it creates a heart-warming feeling and quest for identity that anyone can relate to," says Executive Producer Tony Wilkes.

*Five On The Black Hand Side* will showcase September 15-17, 22-24, October 13-15, 28 and 29 and November 9-12. Phoenix Ensemble has been active in the New Jersey artistic community for over ten years. Their latest productions include *For Color Girls* and *Walter Burrow*. For more information about the play call the Symphony Hall box office at 201-643-8009.

## Art program supports fight against AIDS

NEW YORK—"Cuerpovivacy... A Celebration of Unity," an innovative national program designed to promote the unity of peoples and cultures through contemporary Mexican art and fund the fight against AIDS, premieres September 14 in West Hollywood, California with the unveiling of a 27 foot-high sculpture entitled "Unity—the Present, Celebrate the Future."

Jazzamoor (Jazz-LoveArt), designer of the sculpture and the first artist chosen to interpret the unity theme is a 43-year-old resident of Mexico City who paints to live jazz music and ranks among Mexico's best contemporary artists. Selected through a national search in Mexico in 1993, this program will mark his first exposure to the U.S. arts community.



Lords of the Underground has released a new album "Faith which strongly contradicts Senator Bob Dole's statement which he made last May stating, "...we have reached the point where our popular culture threatens to undermine our character as a nation." "Faith" has the strong support of Singer Denise Williams, "with the changes in music and people's attitude toward the music, I feel that "Faith" could not be more timely. The Lords Of The Underground's treatment of the song brought the message to today's generation. I'm impressed with their creativity and artistic integrity," says Williams. Williams and The Lords have re-worked Williams' song "Free" into the anthem "Faith."

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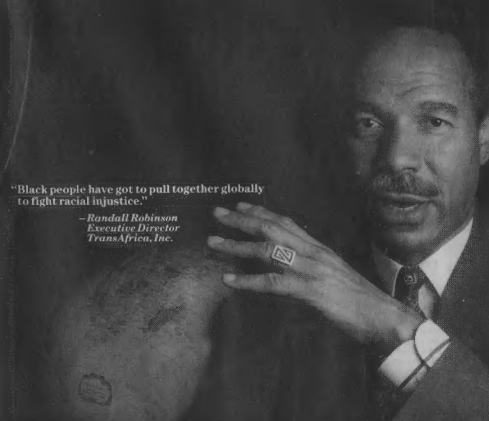
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## PEOPLE WHO MAKE THINGS HAPPEN.



"Black people have got to pull together globally  
to fight racial injustice."

-Randall Robinson  
Executive Director  
TransAfrica, Inc.

Randall Robinson leads TransAfrica, the 15-year-old lobbying organization dedicated to the needs of African and Caribbean countries. By moving African and Caribbean human

rights issues to the top of the U.S. foreign policy agenda, Robinson and TransAfrica continue to work toward equality and peace for Black people around the world.

That's why Anheuser-Busch supports the work of TransAfrica, just as we support other educational and social programs, community projects and minority businesses.

At Anheuser-Busch, we're committed to a better quality of life for everyone.





# On the boards with Joi

## Author Rosa Guy releases new novel

can-American writers.

In *The Sun, The Sea, A Touch of the Sun*, Guy writes of a black woman struggling against her oppression with the insight and uncompromising dignity that has become her hallmark. Her newest heroine, Jonnie Dash, provides the right mix of contempt and strength of purpose as she struggles for acceptance and purpose in an environment the both despises and loves.

Set against the lush tropical backdrop of Haiti, Guy paints a multi-layered landscape of colorful, robust characters that pull the reader into their web of deceit, love and lustful urges. The layers are then systematically removed to reveal lives corrupted by self-indulgence and trickery, only to be redeemed by the innocence and purity of youth.

Rosa Guy

NEW YORK—Rosa Guy is one of America's best kept literary secrets. However, with the pending September release of her newest novel from Dutton Press, *The Sun, The Sea, A Touch of the Wind*, this award-winning author and co-founder of the Harlem Writer's Guild, is ready to assume her rightful place as one of this country's most important African-American writers.

ship between technology and rock and roll—past, present and future," said Earl Quenzel, AT&T director of membership marketing.

"We'll also provide an easy, innovative way for guests to access information on events, musicians and technology of today's rock and roll scene."

EMI recording artist Joi (l) is all smiles as he gets to mix her new album. Assisting Joi are Producer Dallas Austin (c) and Fish (r) from the rock group Fishbone. The new project is the follow-up to her 1994 critically acclaimed debut album, *The Pendulum Vibe*. The new album will be produced exclusively by Dallas Austin and will feature Fishbone.

Photo by Sheila Turner

## AT&T links with Rock and Roll Hall of Fame and Museum

NEW YORK—AT&T will put its expertise to work for the new Rock and Roll Hall of Fame and Museum in Cleveland with the development of a major wing to be added to the museum.

Expected to open in 1996, the wing will be developed in collaboration with other leading technology,

media and exhibition companies. Located atop a 55 foot column rising out of Lake Erie, the wing will house a distance learning center, linking museum programs with classrooms and homes around the world.

"Visitors will gain an appreciation for the enduring relation-

## NOTICE OF CLASS ACTION AND PROPOSED SETTLEMENT DIRECTED TO OWNERS OF HOUSES, MOBILE HOMES AND OTHER STRUCTURES WITH POLYBUTYLENE PLUMBING

This Notice may affect your rights. Please read it carefully.

**PLEASE TAKE NOTICE THAT:** Your rights may be affected by the proceedings in the lawsuit known as *Cox et al. v. Shell Oil Company, DBA Shell Chemical Company, and Hoechst Celanese Company ("Defendants")*, styled raw materials used by other entities in the manufacture of polybutylene plumbing. Plaintiffs further allege that polybutylene plumbing is defective, in that it leaks. The lawsuit seeks including replacement of the plumbing system and repair and property damage costs. The Defendants deny liability and further deny that any plaintiff or class member is entitled to damages or any other relief. On July 31, 1995, the Court granted preliminary approval to a proposed Settlement of the lawsuit.

### THE CLASS ACTION

The plaintiffs, on behalf of themselves and all persons similarly situated, brought the class action lawsuit alleging that, among other things, Shell Oil Company and Hoechst Celanese Company ("Defendants") supplied raw materials used by other entities in the manufacture of polybutylene plumbing. Plaintiffs further allege that polybutylene plumbing is defective, in that it leaks. The lawsuit seeks including replacement of the plumbing system and repair and property damage costs. The Defendants deny liability and further deny that any plaintiff or class member is entitled to damages or any other relief. On July 31, 1995, the Court granted preliminary approval to a proposed Settlement of the lawsuit.

### MEMBERS OF THE CLASS

You may be a part of this Class if you: (1) own real property or structures in the United States in which there was installed between January 1, 1978 and July 31, 1995, polybutylene pipe service line; (2) own or previously owned such real property or structures and have already incurred any cost expense, by reason of leakage from, or from failure, repair, or removal of, all or any portion of such polybutylene plumbing or yard service line which was installed between January 1, 1978 and July 31, 1995; or (3) will own such real property or structures during the term of settlement to relief under the Settlement Agreement.

The Class Definition excludes: (1) All persons who, in accordance with the terms of the Settlement Agreement, execute a timely request for exclusion from the Settlement Class; and others as defined in the Notice of Settlement; (2) the Defendants; the Rebrand Manufacturers, and their officers and directors of each of them; (3) all parties to *Groves v. Cox et al. v. Shell Oil Company et al.*, Case No. 662174, and *Robert L. Williams et al. v. Shell Oil Company et al.*, Case No. 65840, and related combined actions (Case Nos. 646245, 654709, 659797, 661372, 665531, and 665577) in the Superior Court of the State of California and for the County of San Diego, and all members of the certified classes in such lawsuits.

The Settlement does not settle or release any claims for bodily injury, wrongful death, or associated emotional distress and mental anguish.

### THE PROPOSED SETTLEMENT

The Settlement provides a program for Eligible Claimants to receive polybutylene plumbing and yard service line replacements, payment of repair costs and/or damage to tangible property caused by leaks.

The proposed Settlement requires the Defendants to commit \$350 million to a Settlement Fund. Up to \$75 million of the Settlement Fund will be allocated to pay for past expenses incurred as a direct result of a qualified leak in polybutylene plumbing. If you make such a claim but the \$75 million is inadequate to pay fully all such expenses, you will not be able to receive a pro rata portion of the \$75 million or to exclude yourself from this portion of the Settlement, although you will still be governed by the Settlement for all other purposes, including claims for replacement for your polybutylene plumbing. The balance of the Settlement Fund will be allocated to pay for replacement of polybutylene plumbing and payments of future expenses and damage to tangible property related to leaks to which Class Members may be entitled under the Settlement and for administrative expenses.

If the Settlement Fund is exhausted before all Class Members have received the relief to which they are entitled under the Settlement, the Defendants may (a) provide additional funds for the continuation of the Settlement or (b) pay for past expenses incurred as a direct result of a qualified leak in polybutylene plumbing to which case Settlement Class members would still be entitled to relief under the Settlement may pursue their unpaid claims against the Defendants.

The Court's determination on the final approval of the proposed Settlement will be binding on all Class Members (except for those who timely and properly opt out). In exchange for the Settlement benefits, Class Members will release and dismiss all settled claims which were or could have been brought against Defendants in

For additional information on the lawsuit, the proposed Settlement, the Settlement approval process, and the claims procedure:

CALL 1-800-876-4698,

or

WRITE: In re: Cox v. Shell, P.O. Box 175, Minneapolis, Minnesota 55440-0175.

You may also write to the same P.O. Box to comment on, object to, or request exclusion from the proposed Settlement or Class. DO NOT CALL THE CLERK OF THE COURT FOR INFORMATION REGARDING THE LITIGATION OR THE PROPOSED SETTLEMENT. The pleadings and other records in this litigation, including the Settlement Agreement, may be examined and copied during regular office hours at the Office of the Chancery Court Clerk of Obion County, Tennessee, at Union City, Tennessee, or requested in writing to the address listed above.

BY ORDER OF THE COURT  
CHANCERY COURT OF OBION COUNTY  
AT UNION CITY, TENNESSEE

DATE: August 24, 1995  
MICHAEL A. HALL  
CHANCELLOR

## Enjoy the End of Summer at The Elizabeth Playhouse

ELIZABETH—The Elizabeth Playhouse presents S.N. Behrman's *End of Summer*. Directed by Marlow Ferguson. This play follows Leonie Frothingham at her summer home in Maine, Bay Cottage. She is the "last of the lovely ladies," wealthy beyond measure, in the midst of an America mired deep in the great depression.

From September 15 through October 15 the audience experiences the latest in her long succession of lovers, both European and American and her lonely husband, exiled years ago to the periphery of her life. Leonie lives only for love, but it is the one thing that her vast riches forever deny her.



Leonie is lovely and charming, devoted to fantasies of love and grandeur, light as a feather, yet proud of an old fashioned femininity yearning to find its counterpart in a hard and devious world. That she triumphs, at the end, is a victory of innocence over cynicism, the feminine life-force over personal and social despair. For ticket information call 908-355-0077.

## Eighth Annual

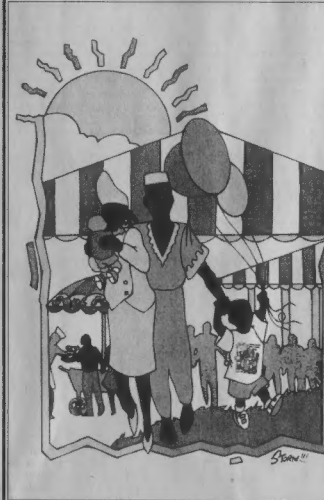
## FESTIVAL OF THE ARTS & HERITAGE OF AFRICAN AMERICANS

GARDEN STATE ARTS CENTER

Holmdel, New Jersey  
Exit 116 Garden State Parkway

Saturday, Sept. 16, 1995  
10 a.m. - 6 p.m.

For tickets call  
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## Consumer loans made easy for HOME OWNERS

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San Francisco, CA 94102  
"Pine Street" 1000 Pine Street  
San Francisco, CA 94102  
"Union Street" 1000 Union Street  
San Francisco, CA 94102  
"Van Ness" 1000 Van Ness  
San Francisco, CA 94102



WASHINGTON  
200 South Washington Avenue  
Ft. Worth, Texas 76102  
"Broadway" 3000 Broadway  
New York, NY 10014  
"Highway 94" 94 Highway 94  
San Francisco, CA 94133  
"Market Street" 1000 Market Street  
San Francisco, CA 94102  
"Pine Street" 1000 Pine Street  
San Francisco, CA 94102  
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San Francisco, CA 94102  
"Van Ness" 1000 Van Ness  
San Francisco, CA 94102

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# BUSINESS

## NAMC initiates international contractors group

WASHINGTON, DC—An international symposium of construction contractors was held in Ocho Rios, Jamaica on August 24-27 to discuss the formation of an international contractors' group.

The mission of the symposium was for the participants to act as a

catalyst for the embetterment of contractors and construction-related businesses, allowing them to develop and compete effectively in their countries and in the global market.

The three main participating groups were the National Association of Minority Contractors of the United States and of the United Kingdom and the National Black Contractors Allied Trade Forum of South Africa.

Potential charter members of the international group addressed these problems and began to develop solutions by creating a framework for joint venture opportunities, craft and skills training and information exchange.

## Nomination needed for outstanding business people award

SOMERVILLE—Are you an Outstanding Business Person? Do you have someone in your office who is? Nominations are now being accepted by the Somerset County Chamber of Commerce for the prestigious award of Outstanding Business Person. One person is chosen in four award categories: small business, nonprofit organization, large business, and young entrepreneur.

Awards will be presented at the Business Recognition Awards Luncheon on Wednesday, November 8 at the Martinsville Inn. To nominate someone:

- Submit a name to the Chamber (the Chamber will send the member the nomination form to complete);
- Tell the nominee you nominated him/her and that attendance is necessary at the November 8 luncheon;
- Offer to help get three reference letters;
- Follow up with the nominee to make sure the form is completed and return to the Chamber by September 20. For nomination forms and further information call 908-725-1552.

## Montclair State hosts China/U.S. trade conference and exhibition

MONTCLAIR—According to recent surveys of top American executives, China will be the next target for international trade. In order to help New Jersey businesses obtain a share of this rich market, Montclair State University (MSU) is sponsoring the 1995 China-U.S. Trade Conference and Exhibition on September 20 and 21.

At the conference will be 85 Chinese executives and entrepreneurs looking for export/import, collaborations and business partnerships. Appointments will be made to match U.S. and Chinese-industrial sector interests including those in chemicals, pharmaceuticals and hospital supplies, food processing, paper products, electrical equipment and real estate, among others.

The event is being sponsored by MSU's International Trade Counseling Center, Far Eastern Business Consultants, Inc., China International Economic and Technical Cooperation Consultants, Inc. and U.S. Pacific Investments, Inc. with additional support from the U.S. Department of Commerce, SBA/SCORE, Chamber of Commerce of Greater Newark/Regional Business Partnership and The Tradeflink of PSE&G. For more information call 201-655-4333.

return to the Chamber by September 20. For nomination forms and further information call 908-725-1552.



## NAACP gains strong corporate support

The NAACP recently hosted a successful convention in Minneapolis to address the issues of affirmative action and voter registration for African Americans. The organization's new chairman, Myrle Evers-Williams has succeeded in gaining significant corporate and philanthropic support. Evers-Williams is pictured above with one supporter, William J. Richardson, vice president of Urban Marketing Development for Schieffelin & Somerset Company.

Photo courtesy of NAACP

## Training program seeking participants

ORANGE—In today's economy jobs are not very easy to come by and even harder if you are on welfare and breaking into a non-traditional field. A non-traditional job becomes non-traditional when it routinely employs 75 percent or more of one gender.

The First Occupational Center of New Jersey (OCNJ) was recently awarded a one year grant from the New Jersey Department of Education in cooperation with the Essex County Vocational and Technical Schools to provide a full range of services to women in the non-traditional occupation of building maintenance and boiler operation (Black Seal).

This program will be offered to displaced homemakers, single parents and single pregnant women living in Newark, East Orange, Irvington and Orange. Boiler operation is vital to today's commerce, all buildings need heating units run by boiler operators and welfare single parents can now be trained to become part of this skilled trade.

The training program will include support services, survival skills, instruction in building maintenance and occupational education to prepare the participants for the New Jersey State Examination for Fireman's License (Black Seal).

This program joins two other skills training programs already offered by OCNJ. The other programs provides training for certification as home health aides and commercial drivers. The Building Maintenance/Black Seal Program is funded through the New Jersey Department of Education under the Carl D. Perkins Vocational and Applied Technology Act. For more information on the Black Seal Training Program please call Michael Ciricillo or Melissa Vath at 201-672-5800.

## Minority seminars

Continued from page A1

Take the first step towards owning your first home. Visit one of our offices or call our Mortgage Help Desk at 1-800-742-5449 any weekday from 9 a.m. to 4 p.m. Talk to a financial counselor about any of our

Community Home Mortgage products. At First Fidelity, it's all part of our ongoing commitment to the people and communities where we work and live.

### New Jersey Coalition Mortgage

- Reduced Rates
- Limited Closing Costs
- No Points
- Reduced Application Fee
- Low Down Payment
- Mortgage Help Desk 1-800-742-5449



1-800-742-5449



## BUSINESS CALENDAR

### SEPTEMBER 11 - 13

**NEW YORK—Strategies for Developing Effective Presentation Skills Workshop.** For more info call 1-800-262-9899.

**THURSDAY, SEPTEMBER 14**  
**NEWARK—Center City Development Corporation meeting at the Newark Club, 22nd fl., at 8 a.m. For more info call Mary Lundy at 201-242-6237, ext. 227.**

### SEPTEMBER 15-17

**WASHINGTON, DC—Teaster's Union Conference on Strategies for fighting discrimination at work.** For more info call 202-644-9762.

### MONDAY, SEPTEMBER 18

**NEWARK—Marketing Workshops to address overseas selling at the Ramada Hotel Newark Airport from 9:30 a.m. to 1 p.m. For more info call 609-987-1202 or fax 609-987-0092.**

**CHICAGO—African American Marketing Conference at the Hotel Inter-Continental.** To register call 1-800-5999-4950.

### SEPTEMBER 18 - 20

**NEW YORK—Second Annual Circulation Management Conference and Expo at the Manhattan Crowne Plaza.** For more info call 212-979-0700.

**ANCHORAGE, AK—Contractor/Supplier lead based paint abatement workshop at the Regal Hotel.** For more info call 1-800-544-0553.

### TUESDAY, SEPTEMBER 19

**NEWARK—Public Affairs Research Institute breakfast at the Newark Club at 8:30 a.m. For more info call 609-452-0230 or fax 609-452-1788.**

**CHICAGO—Hispanic Marketing Conference at the Hotel Inter-Continental.** To register call 1-800-5999-4950.

### SEPTEMBER 19-24

**WASHINGTON, DC—CBC Week, sponsored by the congressional Black Caucus Foundation, Inc.** Call 202-675-6730.

### WEDNESDAY, SEPTEMBER 20

**NEWARK—Entrepreneurial Introductory Workshop at NJ/NJ Robert Treat Hotel at 8 p.m. For more info call 609-292-1890.**

**PLAINFIELD—Changing Careers Workshop for women at TWCA Urban Women's Center from 10 a.m. to noon.** For more info call 908-756-5000.

**PLAINFIELD—Effective Newsletter: Tips and Techniques workshop to help sharpen up their newsletters.** Enrollment is limited to 20. For more info call 908-756-5000.

**NEWARK—Government Center Development Corporation meeting at Broad National Bank, 2nd floor, at 8:15 a.m. For more info call Mary Lundy at 201-242-6237, ext. 227.**

**NEWARK—Financing Your Small Business NJ ASBO Workshop at Newark International Airport.** For more info call 201-961-4273.

**CHICAGO—Asian American Marketing Conference at the Hotel Inter-Continental.** To register call 1-800-5999-4950.

### THURSDAY, SEPTEMBER 21

**BRIDGEWATER—Breakfast with Government, meet one on one with purchasing agents from large area corporations, sponsored by the Somerset County Chamber of Commerce.** Call 908-725-1552.

**PLAINFIELD—Credit Savvy Workshop at the Community Education Center from 7 to 8:30 p.m. For more info call 908-756-5000.**

**LINCROFT, NJ—Trade Financing for Exporters.** Only sponsored by Eumbank, US SBA, AUSBCO and NJEDA at Brookdale Community College. Call 201-645-3830.

**VIENNA, VA—Recent Changes in Government Procurement Policies and Regulations, sponsored by the Latin American Management Association.** Call 202-546-3863.

**NEW YORK—Destination MBA, free seminar for college student, at NY Marriott Financial Center Hotel from 8:30 a.m. to noon.** For more info call 908-987-0628.

### FRIDAY, SEPTEMBER 22

**PHILADELPHIA—Building a Career Resilient Workforce at the Ritz-Carlton Hotel at 8 a.m. For more info call 215-564-3000.**

## Workers

Continued from page A 3

state, wages are failing to keep pace with inflation.

By comparison, on average, Illinois' 100 highest-paid corporate CEOs took home in four days what the typical worker earned all year long. Adding insult to injury, workers are well aware that their companies are enjoying record profits. Illinois is home to 40 Fortune 500 firms, which made a combined profit of \$14 billion in 1994.

What should be done? Some things that can be done include: (1) Give economic incentives to industries that provide workers with decent wages, reasonable raises and good benefits, and deny them to companies that transfer good jobs out; (2) Ensure fair and equitable compensation for injured workers; (3) Protect workers from retaliatory discharge in the event they refuse excessively hazardous work assignments; and (4) Leaders in both the legislative and executive branches should recognize that NAFTA and GATT have contributed to lay-offs and eroded wages. Expansion of these international trade agreements should be opposed.

For information call  
**908-754-3400**  
 9:00 a.m. - 5:00 p.m.

FAX your classified & legal notices  
**908-753-1036**  
 24 hrs

**CITY NEWS CLASSIFIEDS**

**LEGAL NOTICE**  
**SOUTHERN ASSOCIATES ARCHITECTS**  
 571 E. Hazelwood Avenue  
 Rahway, N.J. 07065 908-388-5296  
**Request for Proposals**  
**Rehab Construction**  
 108-118 Magnolia Ave., Elizabeth, N.J.  
 We are requesting proposals for the Rehabilitation of a building at the above location consisting of several residential units. Complete plans and specifications are available at the office of the Architect upon payment of a non-refundable fee of Fifty Dollars (\$50.00).  
 Bid proposals will be accepted at the office of the undersigned on 571 E. Hazelwood Avenue, Rahway, N.J. 07065 at 10:00 AM on October 13, 1995.  
 The **BRAND NEWBORN INC.**, a non-profit housing corporation, in conjunction with **SOUTHERN ASSOCIATES ARCHITECTS**, will evaluate the proposals and to negotiate the scope of work, specifications and prices with the selected contractor.  
 Bids must be enclosed in a sealed envelope bearing the name and address of the bidder and the name of the project.  
 The company that is awarded the work shall execute an A.I.A. form of contract, as modified by the parties based on the above plans and specifications and the proposal accepted by the owner.  
 Arrangements can be made to examine the site by calling the owner at 908-629-0382.  
**READ THE BID/NO BID CIRCULARLY**

**09/13/95** **HERBERT B. SOUTHERN, AIA**  
 FEE: \$72.00

**LEGAL NOTICE**  
 Separate sealed proposals will be received by the Housing Authority of the County of Morris on or before September 18, 1995 at 10:00 a.m. prevailing time with the Housing Authority of the County of Morris, 400 Brook Village and Pleasant View Village, Morris Township, New Jersey for  
**FURNISHING, INSTALLING AND MAINTAINING OF THE SPECIFIED NUMBER OF COIN OPERATED LAUNDRY MACHINES AT MORRIS COUNTY, 400 BROOK VILLAGE AND PLEASANT VIEW VILLAGE, MORRIS TOWNSHIP, NEW JERSEY**  
 The specifications may be obtained at the Housing Authority of the County of Morris, 400 Brook Village and Pleasant View Village, Morris Township, N.J., or requested by mail by contacting the Authority.  
 Bids should be mailed or delivered to the Authority and must be enclosed in a sealed envelope bearing the name and address of the bidder and the words "COIN OPERATED LAUNDRY MACHINES".  
**ROBERT L. STRATER**  
 HOUSING AUTHORITY OF THE COUNTY OF MORRIS  
 400 BROOK VILLAGE  
 MORRIS, N.J. 07960  
 FEE: \$53.00

**09/13/95** **HERBERT B. SOUTHERN, AIA**  
 FEE: \$72.00

**REQUEST FOR PROPOSAL**  
 THE HOUSING AUTHORITY OF THE CITY OF ELIZABETH, invites Proposals from qualified firms to perform **ARCHITECTURAL & ENGINEERING SERVICES FOR THE COMPREHENSIVE IMPROVEMENTS AND IMPROVED ACCESSIBILITY DESIGN AT SENIOR CITIZEN HIGH RISE SITE**.  
 Only sealed proposals from qualified professional Architects and Engineering firms will be accepted.  
 Sealed proposals will be received at the Housing Authority of the City of Elizabeth Administration Building located at 688 Maple Avenue, Elizabeth, New Jersey 07202 no later than 4:00 PM prevailing time on **THURSDAY, OCTOBER 5, 1995**. NO LATE RESPONSES WILL BE ACCEPTED.  
 All prospective respondents will be required to attend a Mandatory Preproposal Conference to be held on Thursday, September 21, 1995 at 10:00 a.m. at the Fanny Towers Conference located at 33 Chantry Street, Elizabeth, New Jersey 07201 to review the RFP and Site with all interested firms.  
 Proposals must be submitted in triplicate in a sealed envelope, properly marked with the name of the bidder and the title of the bid contained therein.  
 The deadline for picking up a proposal package will be September 21, 1995 at 10:00 a.m., at the above address.

**09/13/95** **EDWARD J. ELAZER**  
 EXECUTIVE DIRECTOR  
 FEE: \$53.00

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 Sealed proposals will be received at the Housing Authority of the City of Elizabeth Administration Building located at 688 Maple Avenue, Elizabeth, New Jersey 07202 no later than 4:00 PM prevailing time on **THURSDAY, SEPTEMBER 21, 1995**. NO LATE RESPONSES WILL BE ACCEPTED.  
 All prospective respondents will be required to attend a Mandatory Preproposal Conference to be held on Thursday, September 21, 1995 at 10:00 a.m. at the Fanny Towers Conference located at 33 Chantry Street, Elizabeth, New Jersey 07201 to review the RFP and Site with all interested firms.  
 Proposals must be submitted in triplicate in a sealed envelope, properly marked with the name of the bidder and the title of the bid contained therein.  
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**09/13/95** **EDWARD J. ELAZER**  
 EXECUTIVE DIRECTOR  
 FEE: \$53.00

**LEGAL NOTICE**  
 Increased firms should contact the Purchasing Department at (908) 265-2412 or by faxing their request to (908) 822-4377 to receive a proposal package.  
**EDWARD J. ELAZER**  
 EXECUTIVE DIRECTOR  
 FEE: \$72.00

**09/13/95** **EDWARD J. ELAZER**  
 EXECUTIVE DIRECTOR  
 FEE: \$72.00

**REQUEST FOR PROPOSALS**  
 The Housing Authority of Plainfield is requesting proposals from qualified independent Auditors (AIA) licensed in the State of New Jersey to perform a comprehensive financial audit for the 12 month period ending December 31, 1994, for the Single Audit of 1994, independent Auditors must submit proposals for both audits advertised herein to comply with the single Audit Act of 1984. Any qualified independent Auditor interested please contact Mr. James R. Combs, Controller, at the Housing Authority of Plainfield office, telephone number (908) 753-3471 to obtain the proposal and scope of service. Proposals will be received up to 5:00 P.M. on Monday, September 25, 1995, at the Housing Authority of Plainfield office, 510 East Front Street, Plainfield, NJ 07060.  
 Proposals will be evaluated in accordance with the proposal package.  
 The Authority reserves the right to reject any and all proposals submitted and to waive any informalities therein, and to request additional information from all proposals.  
 The Housing Authority of Plainfield is an equal opportunity contractor.  
**09/13/95** **EDWARD J. ELAZER**  
 EXECUTIVE DIRECTOR  
 FEE: \$52.00

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 EXECUTIVE DIRECTOR  
 FEE: \$52.00

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 Only sealed proposals from qualified professional Architects and Engineering firms will be accepted.  
 Sealed proposals will be received at the Housing Authority of the City of Elizabeth Administration Building located at 688 Maple Avenue, Elizabeth, New Jersey 07202 no later than 4:00 PM prevailing time on **THURSDAY, SEPTEMBER 21, 1995**. NO LATE RESPONSES WILL BE ACCEPTED.  
 All prospective respondents will be required to attend a Mandatory Preproposal Conference to be held on Thursday, September 21, 1995 at 10:00 a.m. at the Fanny Towers Conference located at 33 Chantry Street, Elizabeth, New Jersey 07201 to review the RFP and Site with all interested firms.  
 Proposals must be submitted in triplicate in a sealed envelope, properly marked with the name of the bidder and the title of the bid contained therein.  
 The deadline for picking up a proposal package will be September 21, 1995 at 10:00 a.m., at the above address.

**09/13/95** **EDWARD J. ELAZER**  
 EXECUTIVE DIRECTOR  
 FEE: \$53.00

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**LEGAL NOTICE**  
**INVITATION TO BID**  
 A Bid Committee of the City of Plainfield will receive sealed bids at a meeting to be held in the Library of the City of Plainfield, 515 Watchung Avenue, Plainfield, New Jersey at 4:00 p.m., on Monday, September 11, 1995, for  
**Transmission Repair**  
 One new 1995 four wheel drive pickup truck.  
 One new 1995 medium duty dump truck with radio.  
 Specifications and proposal forms which you must be submitted, are available at the office of the purchasing agent, 515 Watchung Avenue, Plainfield, New Jersey (908) 753-3211. Monday through Friday between 9:00 a.m. and 5:00 p.m. The Bids shall be delivered or mailed, but not to be received any later than the time at which the bids will be opened and read publicly.  
 Bidders are required to comply with the requirements of P.L. 1975, c. 127.  
 The City Council reserves the right to reject any or all bids, to waive defects or informants in the bids to accept any bid as it shall deem for the best interest of the City of Plainfield.  
**RICHARD V. RENGA**  
 PURCHASING AGENT  
 FEE: \$53.00

**09/30/95** **RICHARD V. RENGA**  
 PURCHASING AGENT  
 FEE: \$53.00

**SECTION 0020**  
**IMPROVEMENTS TO THE TOWNSHIP OF WOODBRIDGE**  
 The Housing Authority of the Township of Woodbridge in the County of Middlesex will receive sealed bid proposals for the following project:  
**Lump Sum Single contract for all interior Painting**  
 Work shown, specified, or required at NJ23-07 Olsen Towers, NJ23-7 Gravel Towers, or all both sites in the Township of Woodbridge.  
 Sealed bids will be received by the Housing Authority of the Township of Woodbridge, 10 Burns Lane, Woodbridge, NJ, on Monday, September 25, 1995, at 12:00 p.m. which time they will be publicly opened and read aloud. A Mandatory Pre-Bid Meeting will be held at 10:30 a.m. on Monday September 18, 1995 at the Housing Authority of the Township of Woodbridge, 10 Burns Lane, Woodbridge, New Jersey.  
 The project consists generally of interior painting at two sites of Senior Citizen Housing in the Township of Woodbridge.  
 The Housing Authority of the Township of Woodbridge reserves the right to reject any or all bids and to waive any informalities in the bidding. No bid will be withdrawn for a period of sixty (60) days subsequent to the opening of bids.  
 The Housing Authority of the Township of Woodbridge may be required and delayed at the office of the Housing Authority of the Township of Woodbridge, 10 Burns Lane, Woodbridge, New Jersey, during the regular business hours 9:00 AM to 4:00 PM, Monday through Friday, upon payment of a non-refundable \$75.00 certified check, money order, or cash payable to the Woodbridge Housing Authority for one set. Proof Manuals will not be mailed.  
 All bidders are required to submit a certified check to the order of the Housing Authority of the Township of Woodbridge for five percent (5%) of the amount of the bid and a bid bond for a fee sum executed by a Survey Company authorized to do business in the State of New Jersey and acceptable to the Township (Fiduciary) individual sureties shall not be considered. The use of the U.S. Treasurer Circular No. 570 published annually in the Federal Register is mandatory.  
 The bidder shall also include a Certificate of Surety at the time of bidding. In the event bidder is a corporation or a partnership, a statement must be submitted setting forth the names and addresses of all stockholders in the corporation or partnership who own ten percent (10%) or greater interest therein as the case may be. Each bid must also be accompanied by a certification by bidder regarding Equal Opportunity (EO) and Affirmative Action (AA) requirements. Affidavit and Statement of Compliance with bidding requirements. The successful bidder will be required to furnish and pay for the replacement of Bonds in the amount of one hundred (100) percent of the Contract price.  
 All bids are to be hand delivered at the time and place of the bidding meeting. All bids received after the time and place of the bidding meeting will not be accepted by mail or delivered before said meeting.  
 All bidders are required to comply with the requirements of P.L. 1975, c. 127, a law supplementing the "Law Against Discrimination".  
**JOHN SZLACIO**  
 ACTING EXECUTIVE DIRECTOR  
 HOUSING AUTHORITY OF THE TOWNSHIP OF WOODBRIDGE  
 10 BURNS LANE  
 WOODBRIDGE, NJ 07095  
 FEE: \$135.00

**09/30/95** **JOHN SZLACIO**  
 ACTING EXECUTIVE DIRECTOR  
 FEE: \$135.00

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 PURCHASING AGENT  
 FEE: \$53.00

**BID & PUBLIC NOTICE DEADLINES:**  
**5 PM THURSDAY PRIOR TO WEDNESDAY PUBLICATION**

**City News FAX LINE**  
**908-754-1036**



**FOR IMMEDIATE ATTENTION...**  
**FAX YOUR AD TO CITY NEWS**  
**CLASSIFIED SECTION!**

Selling your car, moving, looking for that right employee? It's easy. you can place your classified and legal ads twenty four hours a day, seven days a week by just a touch of a button. Just fill out the form below and mail your check or money order to CN CLASSIFIEDS, P.O. BOX 1774 PLAINFIELD NJ, 07061. Deadline for ad copy: Thursday: 5:00 p.m.

Name \_\_\_\_\_  
 Company \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone Number \_\_\_\_\_  
 Start Date \_\_\_\_\_ Number of Issues \_\_\_\_\_

**YOUR AD COPY**

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 Housing Authority of the City of East Orange  
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We trust also, that through the columns of the *Freedom's Journal*, more useful narratives which they have published; the establishment of the republic of thirty after years of sanguinary warfare; its subsequent progress in all the arts of civilization; and the advancement of liberal ideas in South America, where despotism has given place to free government.

After the Revolutionary War, free Negroes became increasingly active in the anti-slavery movement. Some of them had fought in the war. Others had escaped to freedom during the war or had gained freedom through military service. All of them had heard the words "liberty" and "freedom" over and over and not only desired such a state for themselves but also for the black millions still in bondage.

They began to speak about freedom, write about freedom and to meet among themselves and with white abolitionists dedicated to their cause. Pulpit, platform and press were turned over to their use and the demand grew for political action.

Petitions were drawn up and presented to embarrassed, more often enraged, state legislatures. "Life" the free Negroes had, but "liberty" was precarious, and "the pursuit of happiness" still a far-distant goal.

Techniques for achieving freedom for Negroes varied from preaching and praying, speaking and organizing, to outright demands for violence. David Walker, free-born but the son of a slave father, hated slavery so intensely that he moved from North Carolina to Massachusetts, where he became a leader in the Boston Colored Association and an agent for the first Negro newspaper, *Freedom's Journal*.

Reprinted from *A Pictorial History of the Negro in America*—by Langston Hughes and Milton Meltzer, © 1968.



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# HEARTBEAT

YOUR GUIDE TO THE LATEST NEWS

## Minority Health Month

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# HB BRIEFS

## Flu season advice

If you're one of the people most at risk for developing complications from influenza, it's not too early to start thinking about flu shots.

"We recommend that people in the high-risk groups get vaccinated for influenza as soon as the vaccine is available, which is usually about this time of year," said Dr. W. Paul Glezen, epidemiologist.

The largest high-risk group is the elderly; people with heart disease; lung disease, including asthma and chronic bronchitis; diabetes; chronic kidney disease; chronic anemia, including sickle-cell disease; and immune-system disorders.

These are the people most at risk for developing life-threatening complications, usually pneumonia.

## SMART Program offers jobs & education

College undergraduates interested in biomedical careers can experience scientific research as a summer job.

The Graduate School of Baylor College of Medicine in Houston sponsors the 10-week Summer Medical and Research Training Program. Undergraduates get first-hand experience in laboratory settings. SMART participants also attend daily research seminars and other educational activities.

Inquiries should be directed to Dr. Gayle R. Slaughter, Graduate School of Biomedical Sciences, Baylor College of Medicine, Houston, Texas 77030. Call 713-798-5915, deadline is February 1, 1996.

## Balance can be a problem for the elderly

As people age, they expect a slight loss of hearing or sight, but few foresee problems with balance.

"It's known as disequilibrium of aging," said Dr. Helen Cohen. "As they get older, people become less active, which can sometimes affect balance."

Disequilibrium of aging occurs mostly in people 60 and older because the central nervous system begins losing cells.

Cohen works on retraining her patients' balance. She recommends that, when walking, they:

- Move the head from side to side to learn to maintain balance.
- Walk with a friend for company and safety.
- Walk in a well lighted area.

- Wear comfortable shoes.

## G protein protects from ulcerative colitis

Researchers have discovered that a G protein protects mice from developing ulcerative colitis and subsequently colon cancer.

The discovery eventually could help to bring relief for people who suffer from ulcerative colitis, a chronic inflammation of the large bowel and rectum.

Researchers discovered that mice lacking a certain G protein develop inflammatory bowel disease with wasting, diarrhea and bloody stools. The mice develop lesions that closely mimic lesions seen in human patients with ulcerative colitis, including an increased incidence of colon cancer.

The mice can also be used to study the effectiveness of any new treatments for inflammatory bowel disease.

## Sleep patterns in infants

There are significant differences between the sleep patterns of breast-fed and formula-fed infants.

Studies at the USDA's Children's Nutrition Research Center found that 4-month-old breast-fed infants spent more sleep time in a "quiet" cycle called NREM (non-rapid eye movement) than did formula-fed infants.

Formula-fed infants spent more time in the REM (rapid eye movement) cycle.

"This is another piece of the puzzle that appears to support increasing evidence that the way a baby is fed may have an impact on growth and development," said Dr. Nancy Butte of the CNRC.

## Tips for special travelers

Special travelers, such as people with diabetes or heart disease, should take special precautions when traveling.

Diabetics should discuss with physicians how time zones will affect insulin schedules, said Dr. James H. Runnels.

For international trips, an insulin insulator pack is recommended. If the destination is a particularly hot climate, an insulated cold pack is advisable.

People with heart disease should guard against infectious diseases by getting appropriate vaccinations and preventive medicines, and they should be prepared to fight travelers diarrhea, Runnels said.

High elevations can also be a problem for heart-disease patients suffering from shortness of breath or similar symptoms.

## Hypertension: a controllable enemy



James L. Phillips, M.D.

Most African Americans know someone with high blood pressure or hy-

pertension since it is a major cause of death and debilitation. Blacks are twice as likely to have the disease compared to other Americans and are more likely to suffer the medical complications associated with high blood pressure.

The encouraging news is that this menace can be controlled. High blood pressure usually causes no symptoms until damage to the body is severe.

Many hypertensives "feel okay" and so do not take proper steps to control the disease, leading to slow, irreversible damage to body tissues. High blood pressure, even when mild, can cause strokes and heart attacks, and is associated with kidney failure. Proper

control of high blood pressure reduces the incidence of all three. It is important for all persons, particularly African Americans, to have their blood pressure checked to take action, if necessary.

Everyone with hypertension should be under a physician's care. Blood pressure can be lowered in individuals with hypertension by lifestyle changes. They include reducing salt in the diet, stopping tobacco and alcohol use, weight loss in obese individuals, and increased exercise.

These non-drug strategies are exciting because they hold the potential to lower the incidence of hypertension when employed community-wide, although medication might still be necessary for some. Such a strategy could be carried out at the "grass roots" level and aimed at not just the individual hypertensive but at an entire community. Community "empowerment" would not only reduce hypertension, but would improve the health of the African-American community as a whole.

## Super Saturday Health Fair to celebrate Minority Health Month

In celebration of Minority Health Month, the Hospital Center at Orange (HCO) is sponsoring a Super Saturday Health Fair on September 23, from 11 a.m. to 3 p.m. with a special guest appearance by members of the Power Rangers. The fair will take place on the campus of HCO located at 188 South Essex Avenue in Orange.

According to Diane Lynch, sr. vice president of Strategic Planning & Development for HCO, "The focus of our fair is to educate the community by promoting wellness and providing free health screenings and information on a variety of medical topics."

Teams of HCO professionals will offer blood pressure screenings, breast self-exam instructions, information on asthma, radiation/oncology, prenatal and pediatric care, among others.

Along with the Power Rangers, the fair will also feature representatives from several local managed care companies who will

be on hand to answer questions and provide information about this new form of health care delivery. They include: Oxford, Mercy, First Option, and Garden State Health Plans as well as US Health Care and Foundation Health Federal Services.

"Managed care is a very important issue in New Jersey and throughout the country yet many people still are not aware of this current healthcare trend," said Lynch. "That is why we felt that it was important for us to provide a forum that would help to educate the public about exactly what managed care is and what it means," she continued.

Other scheduled activities for the day include, face painting, carnival games with prizes for the winner of each, and a super moonwalker entertainment center. There will also be raffles, giveaways and free refreshments.

This event is free and open to the public. For more information, please call 201-286-2024.

## JFK Medical Center offers one-to-one health education program

JFK Medical Center in Edison is reaching out to the community through a program which features individualized health education instruction concerning a variety of health-related topics.

One-to-One Health Education Sessions, an outgrowth of the medical center's successful community forum seminars, allows area residents to learn more about any of a number of their common medical problems—such as diabetes, hypertension or cardiac disease.

There is a nominal fee for this instruction

session. Private insurance will be billed for the service, with the patient responsible for the unpaid balance.

The individualized health education sessions are held during the day and evening, by appointment, in the JFK Office Complex Building, 80 James Street in Edison, directly across the street from the medical center.

For more information, please call the JFK Medical Center Community Health Education Department at 908-321-7535 weekdays between 9 a.m. and 4:30 p.m.

## HEARTBEAT—Your Guide To Healthy Living

## HEARTBEAT...

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# HB KIDS

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## Morning meals not everyday routine for kids


A new survey from the American Dairy Association gives encouraging news that many children are eating breakfast in the morning. But, it also demonstrates that the good habit is not yet part of their everyday schedules.

The study on kids' breakfast behavior found that while 90 percent of the 390 eight- to 13-year-olds polled sometimes have a meal to start their days off right, they do not get to the table every morning. Of the children who do eat breakfast, 91 percent eat breakfast at home at least twice a week and 14 percent eat breakfast at school twice a week or more often. A discouraging one of 10 children polled report that they never eat breakfast before school starts.

"Eating breakfast consistently is so important for children because they are developing rapidly and need nutrients to fuel their bodies," says pediatrician and author Marianne Neifert, M.D., popularly known as "Dr. Mom." "Children who are well-nourished are more likely to succeed in the classroom, as well," she adds. Research shows that kids who eat breakfast can concentrate better on the morning's tasks and are less likely to experience hunger pains that can

interfere with learning.

"Skipping breakfast often means that children are not meeting their daily requirements for nutrients that help them grow mentally and physically. For instance, 75 percent



### THE CALCIUM CONNECTION

- Without a nutritious breakfast that includes milk, it's difficult for a child to obtain the more than 40 nutrients, especially calcium, required each day.
- 75% of breakfast-skippers do not meet their RDA for calcium—putting them at risk for developing osteoporosis in later life.
- Milk is considered one of the best sources of calcium in the American diet. It also provides protein, riboflavin, and other vitamins and minerals essential for growing children.
- To get enough bone-building calcium each day, children under age 11 should consume at least 800 mg (about three servings of dairy products like milk, cheese and yogurt).
- For 11- to 24-year-olds, the recommended calcium intake is 1,200 mg per day (about four servings of dairy foods).

of children who do not eat in the morning fail to consume enough calcium," says Peggy Pettingell, director of Nutrition Education for American Dairy Association.

One easy way for children to get a head

start on meeting their calcium requirement is eating a bowl of cereal with milk. And, menu census data that regularly tracks breakfast consumption shows that children enjoy this morning meal. Ready-to-eat cereal comprised 60 percent of breakfast occasions among 8- to 13-year-olds.

However, the survey suggests that many kids who report eating breakfast may not be having a well-balanced meal. Six of 10 children who eat at home, for instance, prepare breakfast for themselves. And a surprising 14 percent of children report they pick up a morning snack or beverage at a convenience store before school at least once a week.

"It is unlikely that children will walk into a convenience store and choose all the necessary components of a healthy breakfast. If it is not feasible to have a meal at home, eating breakfast at school could prove to be a more healthful and cost-saving alternative for those children and their parents," says Neifert.

For a copy of the Executive Summary, *Breakfast Behavior Among Children 8 to 13*, please contact Sue Cavallaro at 201-539-4670.

## Sickle Cell Disease Association of America Inc. sets theme for Sickle Cell Month and annual conference

"Sickle Cell Disease In The New Millennium," is the theme selected by the Sickle Cell Disease Association of America Inc. (SCDAA) to usher its September annual observance of National Sickle Cell Awareness Month. That theme will also set the tone for the Association's 23rd annual conference, October 4-7 at the downtown Marriott Hotel in Chicago, Illinois. The announcement was made by Lynda K. Anderson, executive director of SCDAA, the nation's only voluntary health organization working full time to resolve issues related to sickle cell disease.

"We are encouraging communities across the country to participate in the many activities being presented by our member organizations," Anderson said. "Until we find a cure for sickle cell disease, our main weapon in this war has always been and continues to be education. There will be health fairs, workshops, educational exhibits and displays with free materials and many other outlets to access valuable information on sickle cell disease and how to best cope with both the physical and psychosocial impact of it," she continued. "SCDAA is very concerned about preparing the sickle cell community for the new millennium and its challenges," notes Anderson.

A key component, of SCDAA's program service offerings to the health care community and the general public, is its annual conference; a forum for the exchange of the latest information and technologies employed to combat the inherited red-blood cell disorder. According to Dr. Kermit B. Nash, SCDAA national board member and convention committee chairman, this year's conference will be educational, interactive, balanced and full.



Tiffany Danielle Jarmon of Houston, Texas will officially take her position as SCDAA 1995-96 National Poster Child at the upcoming convention in Chicago.



1994-95 National Poster Child, Michale Wall of High Point, NC ends her year long term as SCDAA poster child at the conclusion of National Sickle Cell Awareness Month.

"Working from three main categories or tracks, our goal is to examine the areas of counseling, education, psychosocial support services, medical care and consumer involvement," informed Nash a widely respected expert in the field of psychosocial research working out of the Duke University Comprehensive Sickle Cell Center and the School of Social Work at University of North Carolina at Chapel Hill.

"Our objectives are to increase participants knowledge, education and service delivery skills; increase their knowledge on practice issues in sickle cell disease; enhance an awareness of change and the impact on practice; increase their understanding of technology and information; and sharpen their

networking and coalition building skills," he said. "We will be offering continuing education units, so the program is structured with concurrent sessions to give everyone an opportunity to participate in this valuable exchange of knowledge," Nash concluded.

An expert-filled faculty of more than 30 presenters will offer 20 presentations, over a three day period, from three track areas: Education-Psychosocial; Management-Administrative; and Medical Research. On Thursday, October 4th, content will range from the controversial topic of eugenics to the pressing need for collaboration; from community based nursing to the case management process; and

## Children's Hospital offers back-to-school health tips

It's back-to-school time and your child wants to play a sport this fall. According to the school coach, he or she will need a physical in order to participate. But, she's 10 years old, and as far as you can see she's a picture of health.

So why should you bring her to the pediatrician for a checkup? For plenty of reasons, even if she weren't planning to play a sport. According to the American Academy of Pediatrics, every child should have a minimum of 20 well-child visits, starting shortly after birth and continuing throughout adolescence.

Terri Smith, MD, a pediatrician at the Family Health Centers of United-The Children's Hospital of New Jersey explained, "Our job as doctors is to make sure that a child is on track developmentally and screen for even the most subtle abnormalities. And, in addition to conducting a head-to-toe physical, we provide guidance on virtually any aspect of parenting from diapering to discipline."

Regular checkups are the best form of preventive medicine. "Parents have the opportunity to talk with a professional about such issues as how the child is progressing in school, interacting with friends and even concerns or questions about toilet training," said Dr. Smith. "No subject is off limits. We focus on the whole child including emotional, intellectual and physical growth."

Doctors use well child checkups to conduct physicals, that include weight and measurement and blood pressure checks to detect high readings or potential heart problems. And, depending on your child's age

*Continued on page 7*

*Continued on page 5*

# HB HEALTH

## Hypertension: the silent killer strikes one in four African Americans

The National Black Nurses Association (NBNA), in partnership with Bayer Corporation, have announced a national campaign to educate African Americans about their risks of hypertension and low cost alternatives for treatment. Entitled "BRING IT ON DOWN!, Affordable Alternatives for High Blood Pressure Treatment," the campaign encourages African Americans to learn how to prevent and control high blood pressure, and investigate low cost alternatives for treatment with their doctors.

"The more people know, the more motivated they will be to improve their health. It is essential that we include consumer health education in order to decrease the incidence of excess deaths related to hypertension and cardiovascular diseases," states Linda Burnes Bolton, president of the National Black Nurses Association.

High blood pressure afflicts eight million, or one in four, African Americans. Approximately 80 percent of African Americans over age 65 have high blood pressure, also known as the "silent killer" because its warning signs appear long after the disease has become serious.

Younger African Americans also are at risk: hypertension is two times more prevalent in African American males ages 35-44 than white males of the same age group. More than three times as many African-American women as white women ages 35-44 have the disease. Hypertension kills black men at a rate 15.5 times higher than it does white men.

Multiple complications are common among African Americans because of this group's higher incidence of stress, diabetes, obesity, high salt diet and substance abuse.

Hypertension is also less likely to be treated among this population adequately or early enough to prevent serious health problems; one reason is that the high cost of some prescription medication is a deterrent to many African Americans, who sometimes must choose between their pills and other life essentials.

"Some Americans who are unemployed or financially disadvantaged find it difficult to choose between paying for their medication and necessities like groceries and rent. Often they skip their medication. The serious health consequences and high medical expenses associated with not taking your medication can all be avoided if patients could simply afford their medication in the first place. Cost should not be a barrier to good health, especially for chronic conditions like hypertension," said Neil B. Shulman, M.D., associate professor at Emory University Medical School, co-author of *The Black Man's Guide to Good Health* (Berkley Publishing Group, Inc., 1994), and a leading expert on hypertension cost and compliance.

"Because hypertension sneaks up on its victims, bringing down high blood pressure today will help patients avoid serious illness

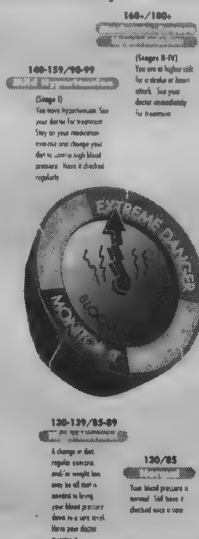
and higher healthcare costs down the road," said James W. Reed, M.D.

Patients with high blood pressure who find it difficult to pay for their prescription medication should discuss treatment and price options with their doctor who may be able to prescribe newer brands such as Adalat CC Extended Release Tablets, a once-daily formulation of calcium channel blocker nifedipine, which is priced 25 percent lower than other brands.

"Research has shown that for African Americans, calcium channel blockers are one of the more effective treatments for hypertension but, you have to take your medication. In addition to that, African Americans must limit salt in their diet, reduce stress levels, increase potassium and calcium intake, and treat obesity," said Dr. Reed.

NBNA functions as a professional nursing organization and an advocacy group for the African American community and its health care. The NBNA does not endorse any specific commercial product. The organization is active in the community and supports education efforts to decrease hypertension.

For a free informational booklet on hypertension contact the NBNA at (202) 833-4299.



### Some facts about hypertension

To help prevent and control hypertension follow these tips for healthier living:

- **Eat healthy.** Incorporate more lean meats, fish, poultry and nonfat or lowfat products into your daily diet.
- **Watch your weight.**
- **Reduce your salt intake** to less than 6 grams per day.
- **Relax!** Stress increases blood pressure. Take your daily blood pressure medication. Ask your doctor about the most effective and affordable medication for you.
- **Schedule annual doctor visits** to monitor blood pressure. If you are over 40 and/or your pressure is higher than 130/85 have it checked twice a year.
- **Reduce alcohol, and fat intake.** Increase your potassium intake by eating more bananas, oranges, cantaloupes, leafy vegetables, dried peas and beans.
- **Exercise.** Take a walk during lunch. Join a dance class. Give your body and heart a healthy workout. Check with your doctor before starting your exercise program.

## African American dentists reveal oral cancer screenings are priorities

A majority of African-American dentists are assessing their patients, most of whom are African-American, for oral cancer, according to the National Dental Association Foundation/Colgate Dental Insights Survey conducted at the 82nd annual scientific session of the National Dental Association (NDA) recently held in Philadelphia. The NDA is an organization representing nearly 6,000 African-American dentists in the United States and abroad.

A survey of 200 African-American dentists found that 81 percent of dentists surveyed assess all their patients for oral cancer, while another 14 percent assess only smokers and smokeless tobacco users for oral cancer. Of the dentists surveyed, more than one third (35 percent) said oral cancer is a "significant" or "very significant" problem, and 14 percent have diagnosed oral cancer among their African-American patient population.

The computerized survey, sponsored by Colgate-Palmolive, polled African-American dentists about general oral care trends. Of the dentists surveyed, a majority (57 percent) have an African-American patient population of 80 percent or more. Seventy percent of practices are located in an urban environment. The survey was administered by Pathfinder Research Group of Acton, Mass., an indepen-

dent opinion and market research firm that specializes in trend and leadership studies.

According to the American Cancer Society (ACS), relative five-year survival rates of oral cancer victims from 1983-1990 was 55 percent for whites, while the survival rate for blacks was only 34 percent. The ACS attributes the high mortality rates of oral cancer among the African-American population to the lack of early diagnosis, which is the single most important factor in reducing the risk of cancer mortality. Socioeconomic factors, such as lack of health insurance or transportation, can impede access to care. In addition, tobacco usage and alcohol consumption can lead to increased risk of oral cancer.

Forty-one percent of dentists surveyed made the initial diagnosis of oral cancer last year. In addition, the majority (67 percent) of dentists surveyed provide direct counseling to help their patients quit smoking and using tobacco. Another 32 percent refer patients to counseling, and 20 percent recommend nicotine patches.

"The African-American dental practitioner plays an important role in helping to reduce the number of oral cancer mortalities and in improving the overall health of their patient population," says Dr. Roosevelt Brown, president of the NDA Foundation.

"Often our patients encounter barriers to overall good health because of a lack of insurance and lack of knowledge about the importance of regular medical visits. Therefore, they are likely to visit a dentist only when they have pain in their mouth. This visit gives the dentist an opportunity to ask about their patients' general health history, as well as screen for and diagnose oral and other health-related problems," Brown added.

"The NDA Foundation/Colgate Dental Insights survey was conducted to understand and address the issues facing the African-American dental community and their patients," says Dr. Marsha Butler, director of Global Oral Health Improvement at Colgate-Palmolive. "From the results of the survey, we are encouraged that the dental industry is taking a leading role in providing education and being advocates for the overall health of

their patients," Butler concluded.

Other survey findings include:

### In the past year,

- 73 percent of African-American dentists made the first diagnosis of hypertension among their patients
- 50 percent made the first diagnosis of diabetes
- 40 percent made the first diagnosis of heart disease
- 32 percent made the first diagnosis of HIV/AIDS

Most prevalent oral health problem among the patient populations of the dental professionals surveyed is periodontal disease (87 percent), followed by cavities at 76 percent, and maintaining good oral hygiene regimens at 75 percent.

# HEARTBEAT

Your Guide To Healthy Living

# Saint Michael's recognizes National Sarcoidosis Day

Fourteen out of every 100,000 Americans are affected by Sarcoidosis, an inflammatory disease of unknown origin more common than TB in most cities. Though many suffer from this disease, its identification by the lay person is difficult.

"Many victims go undiagnosed because symptoms of Sarcoidosis, which include dry cough, shortness of breath, skin lesions and arthritis are of such a general nature that they are often ignored or mistreated. Many patients of Sarcoidosis have no symptoms at all," said Benjamin Safirstein, M.D., Chief of Pulmonary Medicine at Saint Michael's Medical Center in Newark. "Diagnosis of Sarcoidosis needs to be confirmed by a physical so that appropriate therapy be instituted," he added.

To recognize the effects of this disease, its victims and the contributions made by the medical professionals, August 29th was designated National Sarcoidosis Day. Saint Michael's is dedicated to providing care and information to victims of Sarcoidosis, and is also the site of the National Sarcoidosis Foundation (NSF).

Geneva Ausley of Newark is the founder and president of the NSF. A sarcoidosis patient herself, she founded the organization when there were limited resources available to her at

the time of her diagnosis. The goals of NSF are to promote public awareness by fostering research in the treatment and cure of sarcoidosis as well as providing information and physician referrals to victims and their families.

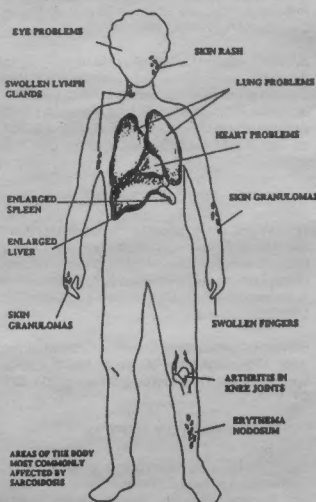
In addition to the NSF, Saint Michael's has established a support group for Sarcoidosis patients and their families. Jean Curlin of Hillside, who heads the group, is a state-certified social worker who became involved in order to help a friend with sarcoidosis who had no where to turn for support.

"I suggested that my friend should organize and head a support group, but she said the constraints that this disease puts on her made it impossible for her to take a leadership role," Curlin said. "I felt it was my duty to do what I could."

"The support group is not only a network of patients, but a family who is there to listen and understand the problems that are unique to Sarcoidosis," Curlin continued.

For more information on Sarcoidosis, the NSF or the Sarcoidosis support group, please contact Geneva Ausley or Jean Curlin at Saint Michael's Medical Center 201-877-2960. Saint Michael's Medical Center is part of the Cathedral Healthcare System which is sponsored by the Archdiocese of Newark.

## \*COMMON AREAS OF INVOLVEMENT



\*Sarcoidosis Resource Guide and Directory ©

## Fourth Annual Healthy Heart Run set for October

On Sunday, October 1, United will sponsor its fourth annual Healthy Heart Run and Health Fair at Branch Brook Park, Newark.

The run will include a 10K race, a one-mile fun run and a one-mile health walk. Entry fees for the 10K race are \$12 for pre-entry until September 10 and \$15 for post-entry after September 10. Both the Fun Run and the Health Walk require a \$3 registration fee on the day of the race.

United will also offer a health fair with free screenings including blood pressure and pulmonary function. Nutritional counseling and free food samples will also be available.

Awards will be given for the top three overall finishers (male and female) in each category. All proceeds from the event will benefit United Medical Center's Comprehensive Hypertension Prevention and Treatment Program.

For more information on how to register for the run or to volunteer, call 201-268-4798 or 268-5764.

## Sickle cell (Continued from page 3)

from summer enrichment camps and teen retreats to the quality of care of the adult patient with sickle cell disease in the new millennium.

Programming for Friday, October 6th, will be co-sponsored, developed and implemented by the Comprehensive Sickle Cell Center at the Children's Hospital of Philadelphia. The program content will feature such topics as hydroxyurea therapy, contraception and pregnancy, management of joint disease, the role of transfusion, issues of self-esteem and multicultural considerations as well as emergency room care. There will also be an update from the National Institutes of Health.

Center director and SCDA president, Dr. Kwaku-Ohene Frempong notes this day of programming as taking the something for everyone approach. "This one-day course has been structured to address issues of relevance to physicians, nurses, social workers, counselors and all who care for and about children and adults with sickle cell disease," he said. "It is intended that at the conclusion, participants will be able to review the current status of hydroxyurea therapy for sickle cell disease in both children and adults, describe sensitive and appropriate management of pain in sickle cell disease and to recognize the implications of contraception and pregnancy in woman with this disorder," he continued.

According to Frempong, those attending workshops in the medical aspects of sickle cell disease will be able to discuss the management of joint disease in persons with sickle cell disease and to assess the role of transfusion in the treatment of patients with sickle cell disease. Those attending the psychosocial/counseling workshops will be able to express how cultural, religious, economic, racial and ethnic differences may affect their practice and employment tactics for developing self-esteem in their clients.

The program's final workshop participants will be able to recognize the roles of practitioners of a variety of disciplines in emergency

room care of sickle cell patients.

The conference's final day of programming will be presented by the National Organization of Support Groups directed by parent/advocate Patricia Bowman. The panel presentation will focus on issues of concern to the consumer of sickle cell disease medical and psychosocial services such as employment, education, socialization and networking with service agencies.

Other highlights of the association's 23rd annual conference include a gala banquet, sightseeing, and the introduction of SCDA 1995-96 National Poster Child, Tiffany Danille Jarmon, a second grade student at McDade Elementary School in Houston, Texas. Tiffany was submitted as a contestant for the national honor by SCDA member organization the Sickle Cell Association of the Texas Gulf Coast upon winning the local contest. She will replace Michale Wall of High Point, North Carolina and the Triad Sickle Cell Anemia Foundation in Greensboro, N.C. as Goodwill Ambassador for SCDA.

For information regarding Sickle Cell Awareness Month activities and SCDA's 23rd annual conference call (310)216-6363 or (800)4421-8453.

## United offers free health fair and symposium for Minority Health Month

To celebrate September's Minority Health Month, United Healthcare System will offer a free senior health fair and free symposium.

On Tuesday, September 19, the Healthy Heart - Healthy Seniors' Health Fair will be held at the Bethany Senior Citizen Center, 275 West Market St., Newark from 10 a.m. to noon. The free program will offer blood pressure screenings, blood sugar screenings and information on heart disease, nutrition and prescription medicine.

A free conference devoted to minority healthcare issues is also scheduled for Friday, September 29 at United Medical Center, 15 South 9th Street, Conference Room C, from 8:30 to 10 a.m. Open to the community, United healthcare professionals will discuss various health issues specific to minority populations such as TB, Sickle Cell Anemia, high blood pressure and cancer.

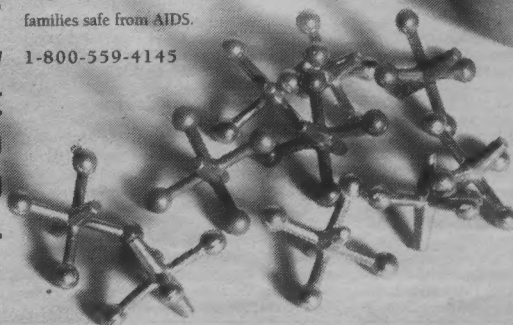
For more information call 1-800-637-NURSE.

Children shouldn't have to grow up alone.

And they shouldn't have to grow up with AIDS.

Minorities are being devastated by the spread of AIDS. 76% of all women with HIV/AIDS, and 81% of all babies born with HIV/AIDS are minorities. The National Minority AIDS Council works to stop the spread of HIV in communities of color. Help keep our families together. Help keep our families safe from AIDS.

1-800-559-4145



AIDS PROGRAMS OF THE NATIONAL MINORITY AIDS COUNCIL



Health





# MINORITY HEALTH MONTH CALENDAR

## WEDNESDAY, SEPT. 13

TRENTON—St. Martin Center for Hlth. Services Sponsored by NJ Council for the Humanities. "From Boyz to Men, discussion & demonstration," St. Martin Center for Health Services. 771 E. State St., 6 p.m. Brenda Esaw, 609-392-0302.

WOODBURY—Cooper Hospital Cancer Center of So. Jersey presents "Where's Shirley." Woodbury High School 7-8 p.m. Call Maria Mitcho, 609-365-8941.

ATLANTIC CITY—Atlantic City Dept. Of Hlth. & Human Svs. Health Fair. Uptown School Complex, 8 p.m. Call Ms. Rivera 609-347-5503.

JERSEY CITY—North Jersey Medical Society/Concerned Black Nurses. UMDNJ Minority Health Council/NJ Affiliate Amer. Diabetes Assoc. "Treating Diabetes in the African-American Urban Community." Liberty Science Center, Exit 146 off NJ Turnpike, 6-9:15 p.m. Call Ms. Johnson 201-982-6364.

CAMDEN—Camden Co. Dept. of Hlth. & Human Svc. "Free Blood Pressure Testing." Our Lady of Lourdes Hospital 1600 Haddon Avenue, 9 a.m.-11:00 a.m. Call Ms. O'Neil 609-665-727.

## THURSDAY, SEPT. 14

TRENTON—St. Martin Center for Hlth. Services Sponsored by NJ Council for the Humanities. "From Princesses to Queens, Discussion & Demonstration" St. Martin Center for Hlth. Services 771 E. State Street, 3-4 p.m. Call Brenda Esaw, 609-392-0302.

PATERSON—Paterson Division of Health. Weight Loss Management. Paterson Division of Health, 176 Broadway, 10:30-11:30 a.m. Call Nan D. Schley, 201-881-3938.

MONTCLAIR—COPE Center Inc. AIDS Support Group. COPE Center, 104 Bloomfield Avenue, 7-8:30 p.m. Call Trabucco, 201-783-6322.

MONTCLAIR—YWCA of Montclair/North Essex Health Awareness-Older Minority Adults 159 Glenridge Avenue, 10:30 a.m.-1 p.m. Call Jacqueline J. Jones, 201-746-5400.

NEW BRUNSWICK—Central NJ Maternal & Child Hlth. Consortium, Inc. Prevention of Youth Violence: A Forum for Community Action Hyatt Hotel, 9 a.m.-2:30 p.m. Call Mary Anne Deery, 908-699-0944.

CAMDEN—West Jersey Health System-Camden First Step Nutrition Program for African American & Hispanic Church Congregations West Jersey Hospital 1000 Atlantic Ave, 5:30-8:30 p.m. Call Othelia Grace 609-342-4253.

ATLANTIC CITY—Northstar-Atlantic Mental Health Center Urban Immunization Initiative Birthday Celebration, 12 N. Providence Avenue, 1-3 p.m. Call Ms. Festa 609-348-0001.

## SATURDAY, SEPT. 16

SALEM—Southern Jersey Family Medical Centers, Inc. Colorectal Cancer Screening, follow-up, 238 E. Broadway, 9 a.m.-1 p.m. Call Patricia Burton, 609-953-7711.

CAMDEN—West Jersey Health System-Camden First Step Nutrition Program for African American & Hispanic Church Congregations. West Jersey Hospital, 1000 Atlantic Avenue, 9 a.m.-12 p.m. Call Othelia Grace, 609-342-4253.

SWEDSBORO—Spanish Mobile Apostolate Health Fair—Staying Healthy Together. St. Joseph Hall, 140 Broad Street, 9 a.m.-3 p.m. 609-478-6213.

PASSAIC—United Passok Organization Children's Health Day. St. Nicholas School and Parking Lot, 9 a.m.-3 p.m. Call Ms. Silford 201-472-2478.

PERTH AMBOY—Middlesex County Health Department Target Women for Good Health. La Asuncion Church, 777 Courand St., 10 a.m.-2

p.m. Call Ms. Menafro 908-494-6742.

ASBURY PARK—Concerned Black Nurses of Control New Jersey. Youth Against Violence Symposium. Bangs Avenue Middle School, Bangs Avenue & Prospect Street, 8:30 a.m.-2:30 p.m. Call Mr. Harvey 908-349-5146.

SALEM—Salem Co. Healthy Heart Program at the Memorial Hospital of Salem County Health Fair/Free Screening, Literature, "Secret to Rarer Power Presentation, Prizes, Possible Ethnic Entenainment, Anchor Glass, Griffith Avenue, 10 a.m.-2 p.m. Call Debbie Callahan, 609-399-6070.

## SUNDAY, SEPT. 17

TRENTON—St. Francis Medical Center Health Fair, Health Screenings Blood Pressure, Cardiac Risk Factors, Nutrition, HIV/AIDS Info Wellness. Christ Episcopal Church, Hamilton & Whitehorse Avenues, 12-2 p.m. Call Steven Tudhope, 609-599-5602.

NEWARK—Protestant Community Centers, Inc. Sept. 17 through Sept. 30. Youth Health Education Sessions TBA, Dorothy Knauer. 201-621-2773.

## MONDAY, SEPT. 18

WESTHAMPTON—Burlington County Health Department Breast & Cervical Cancer Screening. Raphael Meadow Health Center, 4:30-8 p.m. Special requirements for participation, contact Marilyn Del Aguila, 609-267-1950.

TRENTON—St. Francis Medical Center Hypertension/Blood Pressure Screening St. Francis Medical Center, 601 Hamilton Ave. Classroom #3, 1-3 p.m. Call Barbara Hice, 609-599-5611.

## TUESDAY, SEPT. 19

TRENTON—St. Martin Center for Hlth. Services Sponsored by NJ Council for the Humanities. Two Hours of caring & sharing through stories. St. Martin Center for Health Services, 771 E. State Street, 6-8 p.m. Call Brenda Esaw, 609-392-0302.

MONTCLAIR—COPE Center, Inc. AIDS Support Group. St. John's Episcopal Church, 55 Montclair Avenue, 7-9 p.m. Call Michael Trabucco, 201-783-6322.

CINNAMINSON—Burlington County Health Department. Cinnamonin Library. Free Blood Pressure & Diabetes Screening (18 & over), 5:30-7:30 p.m. For more info call Maureen O'Connor 609-265-3152.

NEWARK—Newark Beth Israel Medical Center Sickle Cell Awareness Day. Main Lobby-Newark Beth Israel Med. Ctr., 201 Lyons Ave, 9 a.m.-4 p.m. Call Sandra Gauker 201-926-7609.

NEWARK—United Healthcare Systems Healthy Hearts-Healthy Seniors/Screening, Educational Sessions (Nutrition for Hypertension). Bethany Senior Citizen Center 275 W. Market Street, 201-268-8001.

ATLANTIC CITY—Atlantic City Dept. Of Hlth. & Human Svs. Health Information Tables with Blood Pressure Screening. City Hall, 11:30 a.m.-1:30 p.m. Call Ms. Rivera 609-347-5503.

CAMDEN—Camden Co. Dept. of Health & Human Services. Free Blood Pressure Testing, West Jersey Hospital 100 Atlantic Avenue, 9-11 a.m. Call Ms. O'Neil 609-665-7274.

## WEDNESDAY, SEPT. 20

TRENTON—St. Martin Center for Health Services. Sponsored by NJ Council for the Humanities "From Boyz to Men, discussion & demonstration." St. Martin Center for Health Services 771 E. State Street, 6 p.m. Call Brenda Esaw, 609-392-0302.

CAMDEN—Cooper Hosp/University Medical Center Health Fair/Cooper Carnival Health Fair. Screening, literature, fun, music, food. Chambers Street Park, Cooper Hospital. Call Nancy G.

Bach, 609-963-3831.

PATERSON—Paterson Division of Health blood pressure screening. Multi-Purpose Clinic/Paterson Division of Health. 176 Broadway, 7:30-9:30 a.m. & 4-6 p.m. Call Sophie Tenyo, 201-881-3986.

PATERSON—"Walk Your Way to a Healthy Heart." Paterson Division of Health. 176 Broadway, 1-2 p.m. Nan D. Schley, 201-881-3938.

PLAINFIELD—Plainfield Treatment Center "Methadone." What You Always Wanted to Know and Didn't Ask. 519 North Avenue, 10 a.m.-2 p.m. Call Sally Cuzzo, 908-757-BASO.

ATLANTIC CITY—Atlantic City Dept. of Health & Human Services. Health Fair Richmond Avenue School, 8 p.m. Call Ms. Rivera 609-347-5503.

NEW BRUNSWICK—Middlesex County Health Department target women for good health. Suydam Street Reformed Church. 5:30-9:30 p.m. Call Ms. Menafro 908-494-6742.

RANOCAS—Powhatan Renape Nation American Indian Health Conference. Rankokus Indian Reservation. 9 a.m.-3:30 p.m. Call Ms. Barrett 609-261-4747.

ELIZABETH—Proceed, Inc. Open House to kick off alcohol, tobacco and other drug (ATOD) programs. 815 Elizabeth Ave., 3-7 p.m. Call Elizabeth Pineres 908-351-7727.

## THURSDAY, SEPT 21

TRENTON—St. Martin Center for Health Services sponsored by NJ Council for the Humanities from Princesses to Queens, discussion & demonstration. 771 E. State Street, 3-4 p.m. Call Brenda Esaw, 609-392-0302.

MONTCLAIR—COPE Center, Inc. AIDS Support Group. 104 Bloomfield Avenue, 7-8:30 p.m. Call Trabucco, 201-783-6322.

WESTHAMPTON—Burlington County Health Department Breast & Cervical Cancer Screening Raphael Meadow Health Center. 12:30-4 p.m. Special requirements for participation. Call Marilyn Del Aguila, 609-267-1950.

PATERSON—Paterson Division of Health infant & toddler information on nutrition Needs for Clinic Clients. Paterson Div. of Hlth., Multi-Service Clinic, 176 Broadway, 8:30-9:30 p.m. Call Kate Alterbury, 201-881-3917.

EATONTOWN—Council on Compulsive Gambling of NJ. 13th Annual Statewide Conference on Compulsive Gambling. Sheraton/Eatontown Hotel, 8:30-4:30 p.m. Call Shirley Harth, 609-599-3299.

MONTCLAIR—YWCA of Montclair/North Essex Health Awareness for Minority Adults. 159 Glen Ridge Avenue, 10:30 a.m.-1 p.m. Call Jacqueline J. Jones, 201-746-5400.

TRENTON—St. Francis Medical Center Blood Pressure Screening, Glucose Monitoring, Cardiac Risk Factors, General Nutrition & Wellness Information. St. Francis Medical Center (Cafeteria) 601 Hamilton Avenue, 10 a.m.-2 p.m. For more info call Steven Tudhope 609-599-5602.

TRENTON—St. Francis Medical Center Health Fair (Health issues related to minority community St. Francis Medical Center (cafeteria) 601 Hamilton Avenue, 10 a.m.-2 p.m. Call Mr. Tudhope 609-599-5602.

## FRIDAY, SEPT. 22

EATONTOWN—Council on Compulsive Gambling of NJ 13th Annual Statewide Conference on Compulsive Gambling. Sheraton/Eatontown Hotel, 8:30-4:30 p.m. Call Silirey Honh, 609-599-3299.

CAMDEN—West Jersey Health System-Camden First Step Nutrition Program for African American & Hispanic Church Congregations. West Jersey Hospital 1000 Atlantic Avenue, 9 a.m.-12

noon. Call Othelia Grace, 609-342-4253.

CAMDEN—NJ Dept. of Human Services/Division of Medical Assistance & Health Services Health Fair. Information/Health Benefits for Managed Care Camden CWA, Admin. Bld. 600 Market Street, Lobby, 10 a.m. 4 p.m. Call Anita M. Dockery 609-588-2655.

## SATURDAY, SEPT 23

SALEM—Southern Jersey Family Medical Centers, Inc. Colorectal cancer screening, follow-up, 238 E. Broadway, 9 a.m.-1 p.m. Call Patricia Burton, 609-953-7711.

RED BANK—Riverview Medical Center Operation Mustard Seed/blood pressure & cholesterol screening, health test, body composition analysis, cancer & other literature. 144 West Bergen Pl. Call Peter Lyden 908-530-2282.

PERTH AMBOY—NAACP-Perth Amboy area branch. Health care screening, resource table, speakers, African American Exhibit. One Olive Street, 10 a.m.-2 p.m. Call Shirley Jones, 908-442-3629.

ESSEX—North Jersey Medical Society/Dorson Home Health Care. Train ride, health fair for youth & mothers in community/The Purple Dinosaur & His Friends. Pickup places; Newark, E. Orange & Orange, NJ. 9 a.m.-4 p.m. Call Diane Raysor, 201-672-7691.

TRENTON—NJ State Nurses Assoc./SJ Chapter NINA. The Women's Cancer Screening Project of Camden County presents "Where's Shirley," about African American women's breast cancer experience. Mt Zion AME Church, 131 Perry Street, 4-6 p.m. Call Ms. Fisher 609-392-4884.

ORANGE—Hospital Center at Orange Super Saturday Health Fair. Corner of Essex Avenue & Henry Street, 11 a.m.-3 p.m. Call Ms. Guyton 201-266-2024.

## MONDAY, SEPT. 25

WESTHAMPTON—Burlington County Health Department Childhood Immunization Program. Raphael Meadow Health Center, 3-5 p.m. Special conditions to participate, for more info call Dennis Del Rossi, 609-265-5526.

## TUESDAY, SEPT. 26

TRENTON—St. Martin Center for Health Services. Sponsored by NJ Council for the Humanities. 2 Hours of caring & sharing through stories. 6-8 p.m. State Street, call Brenda Esaw, 609-392-0302.

MONTCLAIR—COPE Center, Inc. AIDS Support Group. St. John's Episcopal Church, 55 Montclair Avenue, 7-9 p.m. For more info call Michael Trabucco, 201-783-6322.

CAMDEN—Camden County Dept of Health & Human Services Women's Cancer Screening East Camden family practice center 2631 Federal Street, 9 a.m. by appointment 609-665-7274.

JERSEY CITY—Jersey City Division of Health, eighth anniversary observance. Education/Prevention Program. Jersey City AIDS Task Force City Hall Council Chambers, 280 Grove Street, 9:30 a.m.-12 noon. Call Ms. Jessie Hunte, 201-547-6807/6844

## WEDNESDAY, SEPTEMBER 27

TRENTON—St. Martin Center for Health Services sponsored by NJ Council for the Humanities from Boyz II Men, discussion & demonstration. 771 E. State Street, 5-6 p.m. Call Brenda Esaw, 609-392-0302.

ATLANTIC CITY—Atlantic City Dept. of Health & Human Services Health Fair. Stanley Holmes Village 6-8 p.m. Call Ms. Rivera 609-347-5503.

NEWARK—Focus Community Health Fair, 441 Broad Street, 10 a.m.-3 p.m. Call Ms. Molina 201-624-2528.

# HB DISCOVERY

## The People's Plague: Tuberculosis in America, Two-hour documentary airs on PBS

"Tuberculosis doesn't come in like the bubonic plague, arrive for a year and disappear again. An epidemic wave of tuberculosis lasts centuries, maybe two or three centuries. It arrives and builds up very, very slowly and recedes very, very slowly. But once it arrives in a community it never goes away."—Frank Ryan, M.D., author of *The Forgotten Plague: The People's Plague: Tuberculosis In*

*America*, premiering Monday, October 2, at 9 p.m. (ET) on PBS, is an entertaining and informative two-hour documentary by Diane Garey and Lawrence R. Hott, that chronicles a history that has shaped much of our modern public health policy. From the 1880s to the 1950s, America waged a full-scale war against an enemy that measured only 1/25,000 of an inch. The enemy was a bacterium, and the disease it caused—tuberculosis—became a national obsession.

Narrated by Joe Mantegna, this timely film informs every aspect of today's health care debate. *The People's Plague* tells the story of the deadliest epidemic in history—an epidemic that modern science "conquered" with powerful antibiotics more than 40 years ago. But today TB is back. Over ten million Americans carry the bacterium; 25,000 new cases of tuberculosis were reported in the United States last year. Worldwide, more than three million people die of tuberculosis every year.

The story of TB is told in the film by current TB sufferers, survivors, medical experts, health care workers, researchers, and historians.

In the 19th century, when tuberculosis took the lives of one in every four Americans, the disease took on a mythology of its own. Consumption was believed to afflict artists, writers, and the cultural elite. It became, for a time, a strangely fashionable way to die.

"People thought... that it was a disease of the refined and the spiritual... that it was a sign of your spirituality if you got it," says scholar Mark Caldwell. "As the disease progressed [and you became] thinner and thinner and more and more delicate and more and more wispy, [it was believed] that the disease was revealing your spirituality."

By the turn of the century, however, dying from TB was no longer considered a romantic death. The film explores the toll the disease took on America's ethnic populations—Eastern Europeans, Italians, African Americans and Native Americans.

Because of crowded living and working conditions or, in the case of Native Americans, lack of immunity to European diseases, these groups became the most susceptible to TB—making them easy targets for blame. In the absence of scientific knowledge, many Americans resorted to arguments of moral weakness, ungodly lifestyles or racial susceptibility as causes for the disease.

With Dr. Robert Koch's discovery of the tubercle bacillus in 1892, however, a remarkable new idea began to take hold in the public mind—that germs caused disease. In fact, germs could make people die.

"Once germ theory was accepted, people went out on a germ hunt," says historian Alan Kraut. "In cities like New York and Chicago and Philadelphia, as well as in rural commu-

nities, there's the formation of boards of health... there's this understanding that these boards of health are going to lead the way in trying to limit the effect of these germs on the population."

This new realization that the cause of disease could be known—even seen under a microscope—sparked hopes that a cure must not be far behind. Though it would be 50 years before the first effective drug for the treatment of tuberculosis—streptomycin—would be discovered, the modern public health movement, already in its infancy, took hold. If you knew what caused a disease, then certainly

you could prevent it.

In the absence of a cure for tuberculosis, prevention and "treatment" often took curious and even outrageous forms. By far the most remarkable and pervasive of these "cures" became the sanitarium movement. The "sans" were uniquely American institutions—part hospital, part hope—where thousands of those who could afford it sought "the cure" in the fresh air and restful surroundings of the Adirondacks, the desert Southwest, and the mountains of Colorado. By the 1930s, more than 600 "sans," with more than 84,000 beds, had sprung up throughout the country.



### MINORITY HEALTH MONTH CALENDAR

#### Continued from page 6

**JERSEY CITY**—Jersey City Division of Health Senior Citizens Health Fair. Health screenings, flu shots, wellness information. Boys & Girls Club of Hudson City, One Canal Street, 10 a.m.-2 p.m. Call Ms. Jessie Hunte 201-547-6807/6944.

**NEWARK**—UMDNJ-Minority Health Council Managed Care Conference. To learn more about Medicaid & Managed Care for the Hispanic Community. Medical Sciences Bldg. B515 UMDNJ, 11 a.m.-3:30 p.m. Call Ms. Johnson 201-982-6364.

**UMDNJ-Minority Health Council LATINA-Managed Care Conference.** To learn more about Medicaid & Managed Care for the Hispanic Community. Medical Sciences Bldg. B515 UMDNJ, 9-11 a.m. Call Ms. Ortiz, 201-982-6309.

#### THURSDAY, SEPT. 28

**TRENTON**—St. Martin Center for Health Services sponsored by NJ Council for the Humanities. "From Princesses to Queens," discussion & demonstration. 771 E. State Street, 3-4 p.m. Call Brenda Esaw, 609-392-0302.

**MONTCLAIR**—COPE Center, Inc. AIDS Support Group. COPE Center, 104 Bloomfield Avenue, 7-8:30 p.m. Call Michael Trabucco, 201-783-6322.

**MONTCLAIR**—YWCA of Montclair/North Essex Health Awareness-older minority adults. YWCA 159 Glen ridge Avenue, 10:30 a.m.-1 p.m. Call Jacqueline J. Jones, 201-746-5400.

**NEWARK**—Dorcht-Wright Communications Minority Women's Health Empowerment, St. Michael's Medical Center. 268 Martin Luther King Boulevard, 8 a.m.-noon. Call Ms. Dorcht-Wright 908-324-1189.

**TRENTON**—St. Francis Medical Center Educational Health Fair. Grant School, Perry & North Clinton Streets, 6-9 p.m. Call Mr. Tudhope 609-599-5602.

**TRENTON**—St. Francis Medical Center Cultural Caregiving: promoting entrance into prenatal and pediatric care. 601 Hamilton Avenue, 8:30 a.m.-4 p.m. Call Ms. Young 609-599-5779 or Elizabeth E. Piano, 908-499-0944.

#### FRIDAY, SEPT. 29

**SALEM**—Salem Co. Healthy Heart Program at the Memorial Hospital of Salem County. Supermarket Food Fair/Label Reading Tours, taste sampling, literature, "Super Sleuth." Salem IGA,

10 a.m.-3 p.m. Call 609-339-6070.

**EDISON**—Nat'l Council on Alcoholism & Drug Dependence. Middlesex Co. Black Community Task Force Conference, "From the Village to a Community: A Holistic Approach." The Pine Manor, 8:30 a.m.-3 p.m. Call Roberta Edmund, 908-249-9857.

**NEWARK**—United Healthcare System Mini-Symposium-Minority Health Care Issues United Medical Center/Annex Bldg., Conf. Room C 155 9th Street, 8:30-10 a.m.

**NEW BRUNSWICK**—Governor's Office of Volunteerism. NJ Statewide Conference on Volunteerism "Maximizing Talents and Techniques." Brunswick Hilton and Towers, 8 a.m.-6 p.m. Call Linda Capia, 609-984-3470.

**TRENTON**—Perth Amboy Comm Partnership for Youth. "Community Addiction Against Tobacco" Health & Agriculture Building, Auditorium, noon-1 p.m. Call Iris Done 908-826-9292.

#### SATURDAY, SEPT. 30

**SALEM**—Southern Jersey Family Medical Centers, Inc. Colorectal cancer screening, follow-up 238 E. Broadway, 9 a.m.-1 p.m. Call Patricia Burton, 609-953-7711.

**SALEM**—Salem Co. Healthy Heart Program at the Memorial Hospital of Salem County. Supermarket food fair/label reading tours, taste sampling, literature, "Super Sleuth." Salem IGA, noon-6 p.m. Call Sandy Baker 609-339-6070.

**HACKENSACK**—Asociacion Hispana De Englewood, Previ-niendo-Enfermedades As Americas Unidas/Multicultural Senior Center 133 River Street, 10 a.m.-5 p.m. Call Dr. Cardenas or Yalanda Castro 201-568-9001.

**NEWARK**—No. Jersey Committee of Black Churchmen Interfaith Health Services and health screenings. For locations and times of area churches participating, contact Dr. E. W. Verner 201-484-3030.

**TRENTON**—St. Francis Medical Center Family Health Fair/Health Issues Hispanic Community 704 Greenwood Avenue, Trenton, 10 a.m.-3 p.m. Call Mr. Tudhope 609-599-5602.

**NEW BRUNSWICK**—Governor's Office of Volunteerism NJ Statewide Conference on Volunteerism "Maximizing Talents and Techniques." Brunswick Hilton and Towers, 9 a.m.-4 p.m. Call Linda Capia, 609-984-3470.

## Back to school tips

(Continued from page 3)

and medical history, screening tests for urine, anemia, cholesterol and tuberculosis may be done.

Check hearing and vision. "Hearing and vision are some of the most important tests, especially for younger children," said Dr. Smith.

"Often children will have speech problems and it turns out that they are having difficulty hearing. And, teachers will report that children are doing poorly in school yet we discover that the child has a vision problem and can't see the blackboard to copy down assignments."

Vaccinate your child against avoidable illnesses. Immunizations are a key part of regular physicals. Children

should be immunized against many dangerous and highly contagious diseases, including polio, measles, diphtheria and tetanus.

Monitor growth and development. According to Dr. Smith, "We ask parents questions such as can your 8-year old write numbers without reversing the order? Can your three year old turn pages of a book one at a time?" These questions help the doctor decide whether your child is progressing as expected. And, if a potential problem does surface, the sooner that problem is uncovered, the better.

"As doctors, we focus on preparing parents for each new stage of their child's development," said Dr. Smith.

# *Look who's listening.*



**N**eed help? Looking for answers? At The Hospital Center at Orange, we listen before we talk. We have answers, about **HIV, teen pregnancy**, pre-natal care, planned parenthood, **pregnancy prevention**.

Women's and Children's Health Services at Orange Memorial Hospital is the place to come for information and a sympathetic ear. There's nothing we haven't heard. Silence is the only thing we can't treat.

**We're looking out for you.**

For information and assistance call the Women's and Children's Health Services at Orange Memorial Hospital: **201-266-2080**



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